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Submissions From Bad Positions

The Gracie Way

RYRON & RENER GRACIE

THE ART-HOW HELIO INTENDED

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- THE VITAMIN EVERY GRAPPLER NEEDS
- HOW WE LEARN – JIU-JITSU
- WHO WON? 2016 PANS
- ATHLETIC AILMENTS – WHAT'S GOT YOU DOWN?

May 2016 Issue 44

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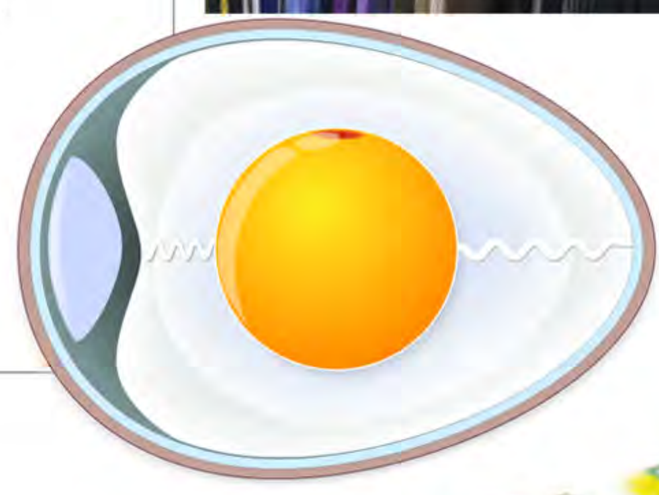


MEET THE EXPERTS

PATRICK
FLORES

Is currently a jiu-jitsu purple belt under Gracie Barra's Rafael "Mosquito" Oliveira. He has a bachelors degree in history and is currently working on an MBA. His jiu-jitsu photography can be seen on Instagram under the name **BjjFotos.**

MARSHAL D.
CARPER

Is a purple belt under Sonny Achille. In addition to owning Artechoke Media, Marshal is the author of books like The Cauliflower Chronicles and Marcelo Garcia's Advanced Jiu-Jitsu Techniques. His latest project is WhiteBeltProblems.com, a free open-source resource devoted to making jiu-jitsu more accessible for beginners.

WILL
SAFFORD

Certified Strength and Conditioning Coach who trains under Andre Galvao in San Diego, CA. Will specializes in mobility training, injury prevention, and kettlebell strength and conditioning. For more info visit his website at **ironwillathletics.com**

COREY
BEASLEY

Corey has been a strength coach for 16 years and works with a variety of combat athletes in Southern California. He owns Innovative Results gym in Costa Mesa, CA and founded a site called FightCampConditioning.com, that provides strength and conditioning advice for MMA fighters, jiu-jitsu players and other combat athletes.

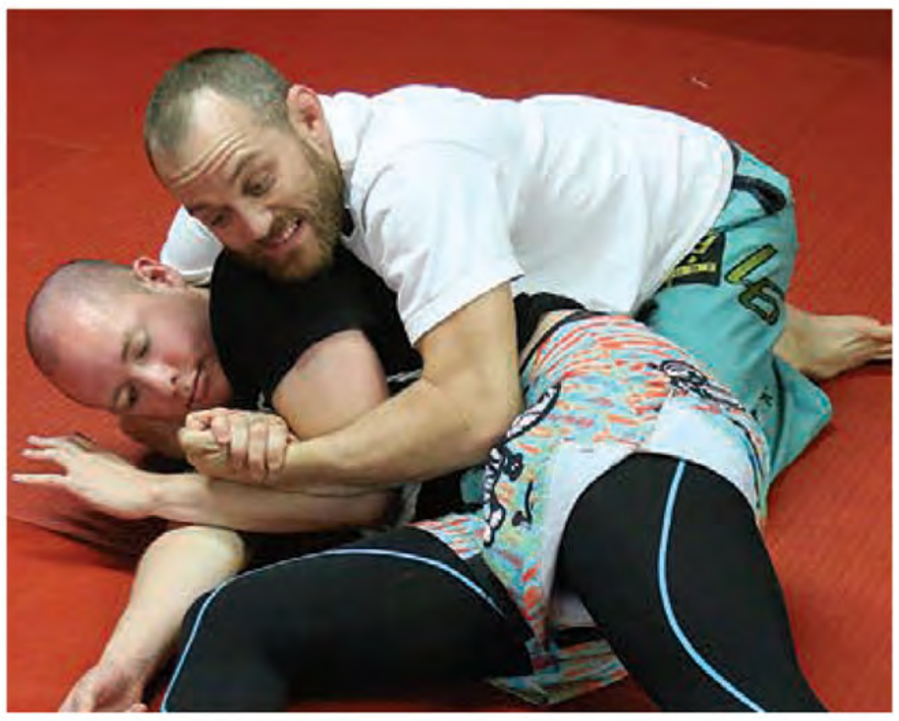
MACKENZIE
ARRINGTON

Is an award winning chef out of Boothbay, Maine. He is the author of GrapplerGourmet.com, a comprehensive guide to cooking for the BJJ lifestyle. On the mats he is a blue belt out of PSABJJ in Brooklyn, NY, and a personal chef off the mats. Follow MacKenzie at **facebook.com/grapplergourmet**.

Look for us Online:
@jiujitsumag

ON THE COVER

Rener and Ryron Gracie share with us the Gracie Way. Photo: Patric Flores



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Movement Training For Jiu-JItsu

THERE'S NOTHING LIKE A CLASSIC.

KINGZ

WWW.KINGZKIMONOS.COM

EDITORIAL

THE WAY IT WAS INTENDED

Before I discovered jiu-jitsu, I had done some western boxing and some Muay Thai. After immediately falling in love with the gentle art, I hung up the gloves to a certain degree and was so excited to have found something that allowed me to improve my skills, get in a great workout, and release that combative drive without repeated blows to the head. By the time I had gotten a couple stripes on my white belt, I was all in on the sport aspects of jiu-jitsu. When the idea of MMA training or throwing punches was put into the mix, I shied away. Not because I was afraid to take a punch, but I thought to myself, "I just want to focus on jiu-jitsu". It wasn't until a few years later that we did an article with Javier Vazquez that I got that desire to throw some strikes in my training. Not standing up, but on the ground. After a quick five minute roll with Javi, he completely exposed my "sport" game for lacking some definite aspects that would cost me dearly if I ever had to use my jiu-jitsu in a real world altercation. In a street fight, my first instinct would definitely not be to pull half guard as I'm sometimes want to do in tournaments, however, there are a lot of positions in our sport that we feel comfortable in that if striking were to come into play, we'd be in serious trouble. Since that first roll with Javi, I've managed to work the element of strikes into my training from time to time, and at the very least have become more aware of my positions when training and their inherent weaknesses if applied on the street. Some people like to make the argument that jiu-jitsu is inferior to other martial arts like say, Krav Maga [which I've also done], in a real world situation. That might be true for sport jiu-jitsu but not the jiu-jitsu that Grand Masters Helio and Carlos Sr first taught. That was proven time and time again with all of the Gracie Challenge matches in the early 90s. I'm excited about this month's cover feature with Rener and Ryron Gracie. The Gracie Jiu-Jitsu that they demonstrate in the article and teach in their academies adheres to all the principles set forth by Grand Master Helio back in the day. I still consider myself more of a "sport" jiu-jitsu player but the knowledge that these two share with us in the article is unbelievable and beneficial to everyone with an open mind and willing to take it in. If there's one thing that you take out of this month's issue, I hope that it's the words of wisdom that these two share with regard to the mind set that Grand Master Helio taught them and espoused in his teachings. But I hope you get a lot more than just that from this issue. Thank you for reading. We have a lot of fun and get a lot of pleasure from putting the magazine together for you month after month. As always, if you have an opinion, or something you'd like to share, please free to contact me directly at the email below. Now get to class!

Art by Mike Maxwell

Keep Rolling

MIKE VELEZ
Editor/Publisher
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jiu-jitsu magazine

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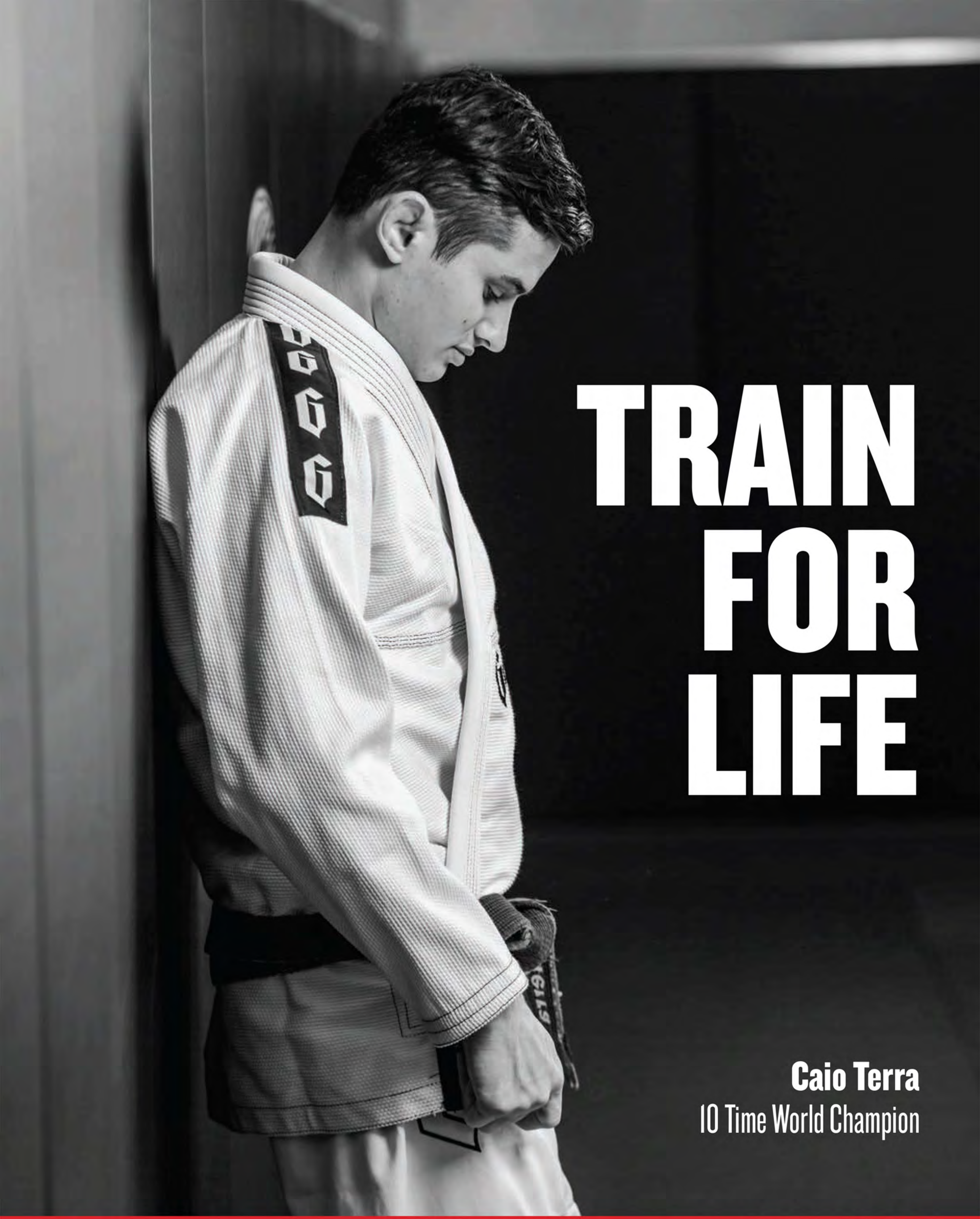

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JIU-JITSU NEWS YOU MIGHT HAVE MISSED

Save the Planet and Your Eyes

WITH ROOTS DEEP IN JIU-JITSU. LEAO OPTICS WANTS TO HELP KEEP YOUR EYES SAFE WITH UV 400 POLARIZED LENSES AND THE PLANET HEALTHY SINCE ALL OF THEIR SUNGLASSES ARE MADE FROM BAMBOO. Bamboo is one of the most sustainable materials on the planet and provides a strong, lightweight frame for the entire LEaO Optics line-up. To celebrate its jiu-jitsu roots, LEaO Optics shades have a red white and black mark of the blackbelt on the inside of one temple (the piece that runs along the side of your head). For those of you that want more than a subtle understatement, for a few bucks more, you can add rank customization to the earpiece. Currently six different styles are available with prices ranging between $60 and $80 with styles for both men and women. Each pair comes with a super soft cloth carrying case and is delivered in a super strong bamboo tube. Show pride in being a jiujiteiro with a pair of these fine shades!

LEAOOPTICS.COM

#SUBMITTHESTIGMA

The day after this year's Pans, a half dozen or so of the world's top jiu-jitsu athletes and about a hundred of their closest friends gathered at Studio 540 for the #submitthestigma charity seminar. Giving instructionals to those who attended were Abraham Marte, Gianni Grippo, Romulo Barral, Kristina Baarlan, and Clark Gracie. Each of them demonstrated a technique or two. #submitthestigma was created by long time friend of the magazine and influencer in the community, Erin Herle. Erin has suffered from Generalized Anxiety Disorder, ADHD, and has suffered bouts of depression. Through jiu-jitsu she's managed to change her life for the better and has seen its positive impact firsthand in so many others. In the summer of 2015, Erin lost her father, Robin Herle, to suicide. He killed himself after years of isolation and undiagnosed mental illness. #submitthestigma aims to raise awareness and dispel the discomfort of the difficult subject f mental illness. The proceeds raised by the various campaigns go to the National Alliance of Mental Illness in memory of Robin Herle. To find out more about how you can help the cause and raise awareness, be sure to check out the website and do your part to help avoid another preventable tragedy.

SUBMITTHESTIGMA.ORG

HOLM FINDS A HOME

Following her submission loss to Meisha Tate, Holm dusted herself off and soon resumed training. Losing her first title defense was likely devastating, but Holm wanted the world to know that she was committed to improving upon her weaknesses. With a white belt and a floral accented gi, she got back to work on her jiu-jitsu with coach Rafael Freitas–who you might know for his work on the Barataplata. Seeing Holm get back to work is refreshing after watching the public meltdown of Ronda Rousey following her championship defeat. With so much growth potential in women's MMA, we hope that Holm's actions inspire the other competitors in her division to be as proactive about their training.

WEIGHING IN

CTRL Pulls a Joker

CTRL is doing it again! Their newest collaboration is with one of the most authentic and original streetwear clothing lines in the world, Joker Brand. Based in Los Angeles, California, Joker Brand can often be seen on some of the most influential artists in the world of hip hop like Cypress Hill, Dr. Dre, Snoop Dogg, Outkast, Eminem, 50 Cent, Xzibit, Method Man, and Red Man just to name a few. No word on when this collaboration is going to drop, maybe June. You'll just have to be on the look out for more details on CTRL's social media and website.

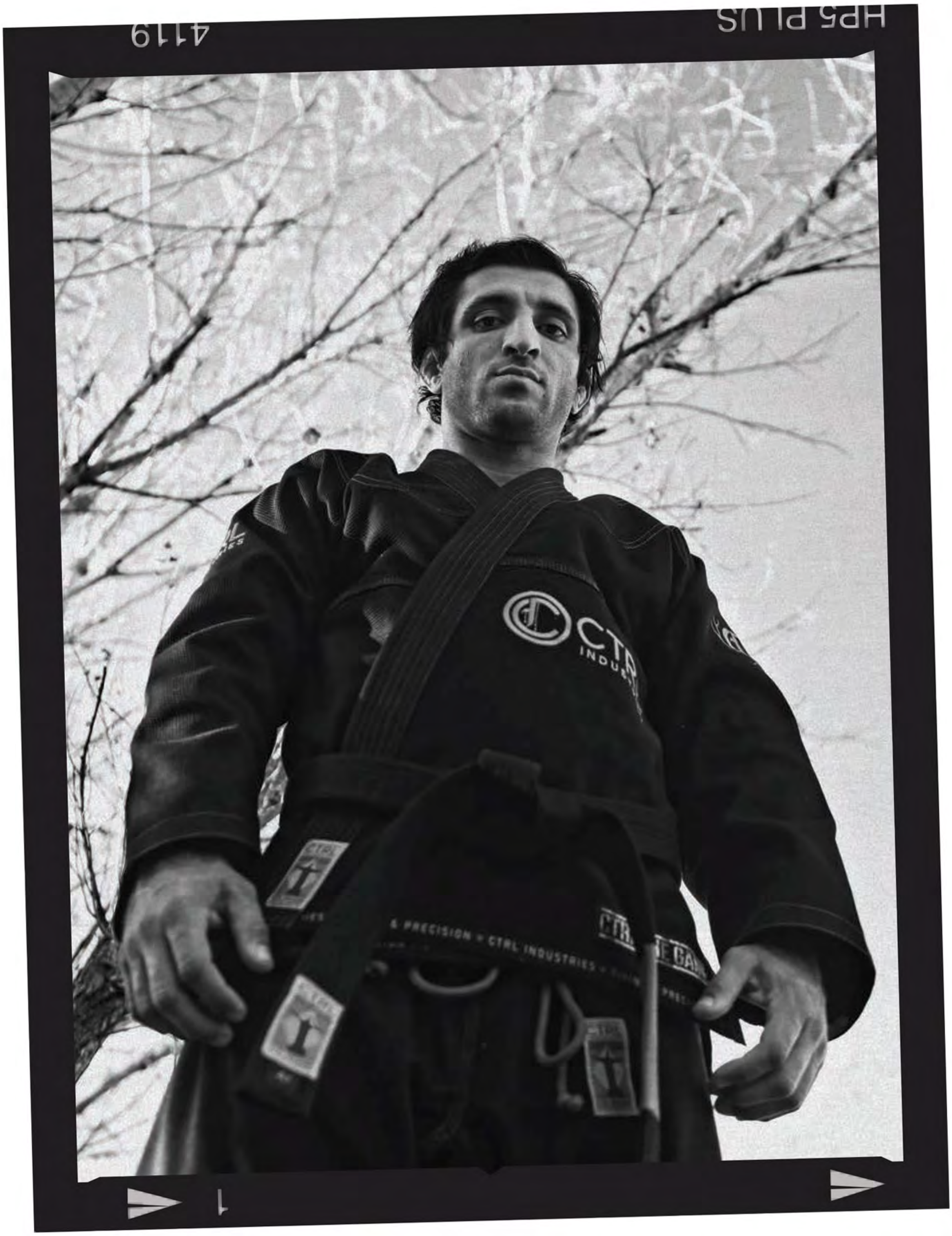
CTRLINDUSTRIES.COM

WORLDSTAR HIP HOP BREAKDOWN

Katt Williams, the troubled comedian perhaps best known for his bit on the Rick Ross song "Everyday I'm Hustlin'", added a new notch to his Wikipedia page. With a slew of assault-related arrests already on his record, Williams got into a fist fight with a 12th grade student. For Williams, the fight did not go well. He was quickly taken to the ground and was in danger of a rear naked choke before the fight was broken up. The video went viral, and jiujiteiros joked that Rener and Ryron Gracie would do a Gracie Breakdown of the fight. Aaaaaand they did.

SPIDER FINGERS

Gianni Grippo pulled a Keenan and shared a picture of his knotted and gnarled fingers after a training session. In addition to his hands looking older than 21, each knuckle had purple pastel highlights. In the photo description, Grippo said that the image was evidence of what happens when you fend off guard passes with will power and spider guard grips. While it's admirable that Grippo trains as hard as he does, it raises some flags about longevity. We want to see how Grippo evolves as a competitor over the next years, but that much damage is worrying, both for Grippo as an individual and the new generation of talented competitors coming up alongside of him.



CTRL INDUSTRIES

CTRLINDUSTRIES.com

WEIGHING IN

METAMORIS MELTDOWN

To the surprise of even casual grappling fans, Ralek Gracie emerged from a period of radio silence to announce Metamoris 7. Word of the organization's financial troubles are at this point well-known with a slew of fighters and tournament workers voicing their frustrations over having not been paid. Shortly after an interview with the Inside BJJ podcast, where Gracie said that he would go as far as to fight MMA to raise the funds he needed to pay everyone back, Metamoris announced a card featuring the likes of Buchecha, Roger Gracie, and Tim Spriggs on the card. Here's the catch: as of this writing, reports are that Buchecha is asking to be paid up front and Spriggs hasn't signed a fight agreement (and took to Facebook to voice his surprise over being listed on the card). Without cash flow and without contracts, it seems to be in question if Metamoris 7–at least in its currently advertised form–will come to pass.

PODCAST HALL OF FAME?

Recently, we came across the Grappling Central Podcast and it was one of those moments where we all looked at each other and collectively said, "How have I not heard of this before?" Turns out the Grappling Central Podcast has managed to score over 50 insightful episodes with some of the most influential names in jiu-jitsu. Ryan Ford, the podcast host, cuts right to the chase and asks his guests questions that we're all wondering. Every episode we've listened to has some great stories along with some solid jiu-jitsu advice. Previous guests have included Xande Ribeiro, Carlos Machado, Rigan Machado, Eddie Bravo, Braulio Estima, Tim Spriggs, Phil Migliarese, Pedro Sauer, Fabio Gurgel, Chris Haueter, Kurt Osiander, and many more. You really need to give it a listen.

GRAPPLINGCENTRAL.COM

YOU KNOW WHAT?
GOFUND YOURSELF!

Travis Stevens, an Olympic level judoka, published a rant about the number of athletes using the GoFundMe platform in an attempt to jumpstart their competition career. Stevens sees this as an attempt to shortcut the diligence and dedication that it takes to grow as a competitive athlete. Instead of making sacrifices to train, like buying cheaper clothes or a smaller cellphone plan, the GoFundMe athletes look to handouts to get ahead. When random blue belts start shaking the empty donation cup online, it's hard not to agree with Stevens that some grapplers might be missing the point. The journey of working your way to the biggest competition–even if it's across the country–is just as much a part of your development as the actual competition itself.

ANDRE GALVAO

WARTRIBEGEAR.COM

WEIGHING IN

NANŌ NANŌ

Lightweight gi's are all the rage these daysm but Kingz' new Nanō kimono is a little different. It's nearly as light as the Kingz Ultralight gi (at about 3lbs 1oz for an A2), but unlike most ultralights, which typically come with ripstop pants, the Nanō comes with these super soft 8 z. drill cotton pants. Additionally, most ultralights have the woven patches (makes sense because they weigh nearly nothing), but again the Nanō differs in that most of its adornment is embroidered. Kingz was able to do this without adding much weight to the gi because of the design of the logo has a lot of open space. Another difference (mostly between the Kingz Ultralight and the Kingz Nanō) is the cut of the gi; the Nanō has a slimmer and more tapered silhouette (much like the Comp 450) than the Ultralight. The gi is cut from a single piece of 370 GSM Pearl Weave cotton. It is available now in eight different sizes between A0 and A4, including three long sizes and in three different colors. The white version is available for $109.95 while the black and blue can be had for $114.95. No matter your reason for wanting a lightweight gi, this one appears to have all those reasons covered.

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COWABUNGA!

Fusion Fight Gear has done a pretty darn good job of setting themselves apart from the pack with their official licensed lines of compression gear and gis. Their latest offering is a take on characters you're surely familiar with but probably don't know too much about. Before the cartoon series and before the movie, the Teenage Mutant Ninja Turtles were drawn in black and white and geared towards an adult audience. When color was introduced to the comics, they all wore red headbands, which made it very confusing for their girlfriends to tell them apart. For those of you who appreciate this earlier version of the Teenage Mutant Ninja Turtles, this jiu-jitsu rashguard is for you! This official licensed retro Teenage Mutant Ninja Turtles rash guard uses a piece of artwork from the original 1984 Eastman and Laird comic book Issue # 1. It features the Turtles taking on Shredder's foot clan atop a building in New York City. The Japanese kanji on the right arm means "turtle ninja". The spats depict Raphael perched up on a New York roof while attempting to deliver a letter to Shredder, avenging the death of Splinter's master.

Both of these fine pieces of compression artwork will help keep you cool germ free, at least over the covered parts. Both sell for $59.99 on the FG website.

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WEIGHING IN

HAUETER ON DISPLAY

Nicholas Goh Photography©

Recently jiu-jitsu artisan Chris Haueter and Dual Forces put on an exhibit of their art called "Tactics and Techniques" at The Gentle Art Academy in Singapore. The main purpose of the event was to highlight the creativity and beauty of jiu-jitsu to a mainstream community through art and design. The exhibit was also an opportunity to release a limited edition collaboration shirt and gi by Shoyoroll/MagiKimono/DualForces/The Gentle Art Academy. No doubt these items are probably listed on eBay somewhere for the price of a small car. Robert Abeyta Jr. is the man behind Dual Forces that brings creative talents together for special projects. The Gentle Art Academy is a different kind of dojo- it recognizes the energy of the artistic parallels between jiu-jitsu, skateboarding, and streetwear and aims to create a bridge between the three.

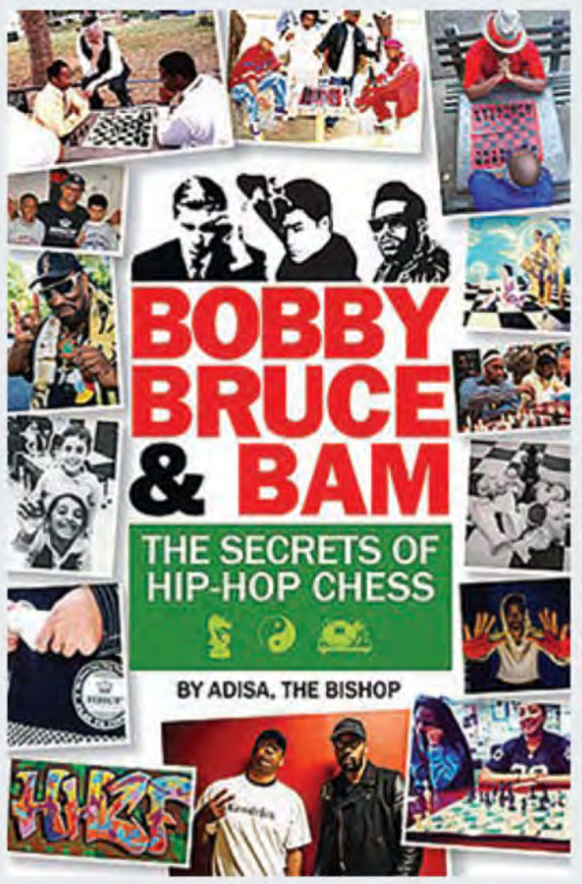
CHRISHAUETERART.COM

DUALFORCES.COM

THEGENTLEART.CO

Bobby, Bruce & Bam: The Secrets of Hip-Hop Chess

That's the title of the new book by Adisa Banjako, or Adisa "The Bishop." Adisa, perhaps best known for his nonprofit Hip Hop Chess Federation which aims to fuse "logic and the arts to unite minds and hearts", uses his book to explore the overlap between chess, hip-hop, and martial arts. From the back cover: "Bobby, Bruce & Bam: The Secrets of Hip-Hop Chess is a history book about hip-hop, chess, and martial arts in America in the 1970s. As someone who worked with hip-hop musicians in Compton and established the Hip-Hop Chess Federation, Adisa is an expert who presents stories and draws insights from that time. A textbook which allows the reader to learn what the author calls "chess notations and life equations" is included, a valuable resource for those who want to achieve success of whatever kind in their life. This book will inform and inspire you–without pseudo-cultish undervibes." Might be worth a read!



WEIGHING IN

BOTTOM MOUNT **FOR THE WIN**

At the most recent Onnit Invitational, Gordon Ryan, Garry Tonon's first black belt, faced off against James Partridge. The match lasted barely a minute, but in that time, Ryan repeatedly allowed Partridge to mount, and by allow, we mean he went totally limp and waited for Partridge to do something. At points in the match, Partridge seemed frustrated by this tactic, and the internet quickly labeled Ryan's behavior as disrespectful, arguing that he was unnecessarily belittling his opponent's skills. Tom DeBlass defended Ryan saying that allowing his opponent to mount him was a part of Ryan's game plan. The argument that not fighting is simply an unorthodox approach to offense is an odd one, but according to Jiu-Jitsu Times, Partridge has said that he was happy with Ryan's sportsmanship and didn't see a reason for anyone to be upset.

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gordonlovesjiujitsu Practicing "possum guard" with the #danaherdeathsquad @leglockynow @leglockynow #leglockynow photo by @jeffreyschu #FighterPLUS
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curtishembroff Haha made some waves with that one @gordonlovesjiujitsu Great having you here! See you soon Bro!
ezekiel_smooth that's what it's called?? The possum guard..
garciagriponlife Datch no jiujits. Need to hespect
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corvaholic @mikeydoom345
Add a comment...

#JustBaretThings

Baret Yoshida is one of jiu-jitsu's underrated treasures. Thanks to his Metamoris secret match against Jeff Glover, we have gotten to see more of Yoshida in competition. His match against Robson Moura at Polaris was an instant classic for example. Off the mat, Yoshida is no less entertaining. On Facebook, Yoshida responded to a road rage video featuring two bikers. When one biker chases the other with a stick, the unarmed biker ninja kicks the stick, halting the fight. Yoshida replied, "Once I was working in a kitchen and I was messing with a coworker. He had a filet knife 'cause he was cutting fish. I tried kicking the knife out of his hand but he stabbed me in the bone of my foot. I thought I'd kick the knife out of his hand like how this guy kicked the pipe away" [edited for grammar]." If anyone wants to fund a story time with Baret show, we'll be the first to tune in.

-0:07
47,166 Views
Rico Rossi
March 22 at 1:08pm
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he thought he was pretty tough with that stick in his hand lol but turned into a little b*tch when he realized the other guy was a ninja haha
Share
3
Baret Yoshida Once i was working in a kitchen and I was messing wth coworker.he had filet knife cause he was cutting fish.i tried kicking knife out of his hand but he stabbed me in the bone of my foot.i thought I'd kick the knife out of his hand like how this guy kicks pipe away.
March 24 at 5:50pm

MODERNFLOWBRAND.COM

PROMOTIONS

ALINA SOLIS

SCHOOL: Gracie South Bay
LOCATION: National City, California

From our friends at Gracie South Bay, Professora Leticia Ribeiro promoted little Alina Solis to the rank of gray and black belt! It's always awesome to see the next generation of students advance in jiu-jitsu.

JAY HUNSUCKER

SCHOOL: Franklin College Brazilian Jiu-Jitsu Club
LOCATION: Franklin, IN

Jay Hunsucker (center) earned his black belt just a bit shy of 63 years old from Grandmaster Marcelo Ferreira (left) and Professor Bruce Shepherd (right). Starting in 2002, at 49 years old, he helped found the Franklin College Brazilian Jiu-Jitsu Club at Franklin College.

LUKE KNIZLY

SCHOOL: Gracie Jiu-Jitsu of Alabama
LOCATION: Alabama

At 17 years old, his instructor Pat Langan promoted Luke to blue belt. It's always good to see younger students continue on with their jiu-jitsu training!

ABE ZAKHEM, KEVIN SANTOS, AND LEO GARCIA

SCHOOL: Momentum BJJ
LOCATION: Nutley, NJ

These three gentlemen received their brown belts on February 7th from instructors Julio Garlarza and Bruce Williams. Awesome job guys, keep it up!

BRENT JONES AND MARC GEBEILY

SCHOOL: Buckhead Jiu-Jitsu
LOCATION: Atlanta, Georgia

We've gotten other submissions from Buckhead Jiu-jitsu in the past. This issue we're proud to announce that Brent and Marc earned their blue belts from instructor Sam Joseph.

JAMIE NABERS

PROMOTION

SCHOOL: TEAM MANNON BJJ
LOCATION: BLACKSBURG, VA

Justin Chong promoted Jamie Nabers to brown belt recently. Brown belt brings him that much closer to black belt. Way to go Jamie!

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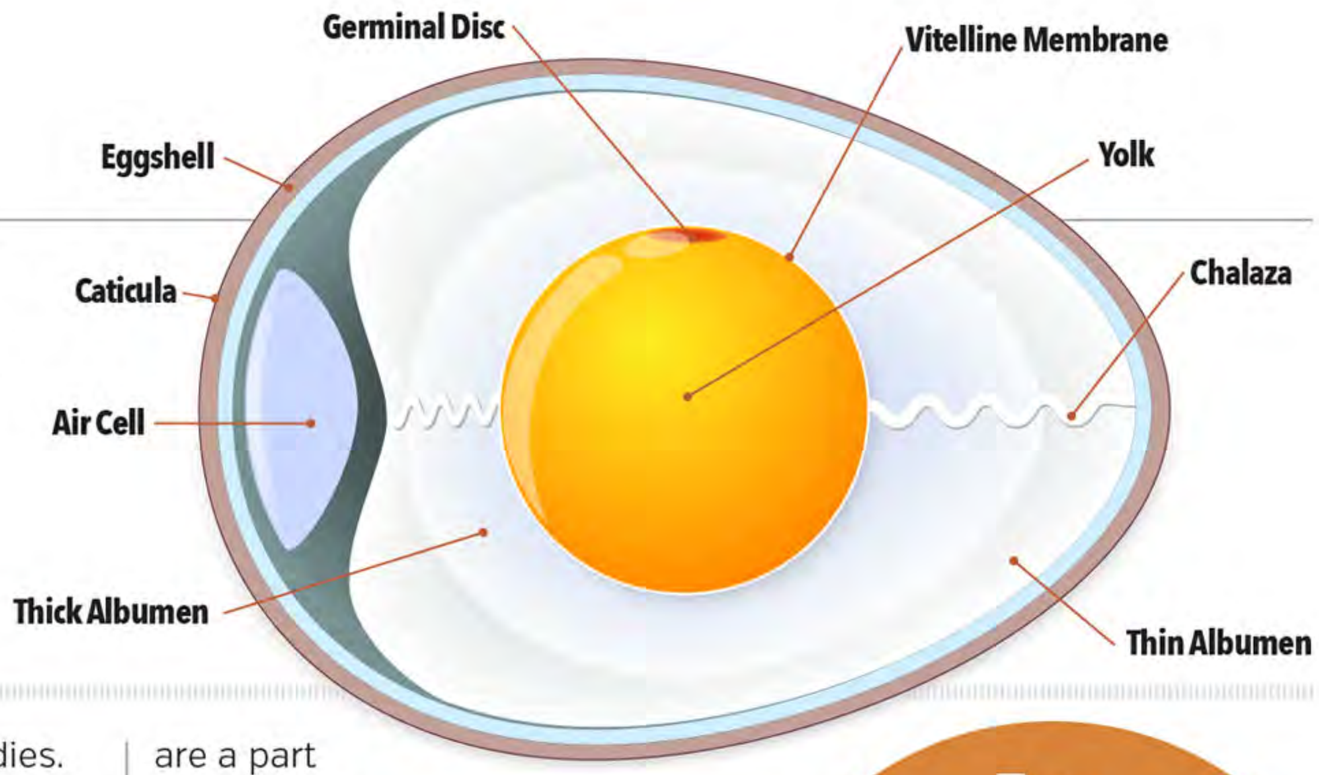
CRACK OPEN THE SHELL

To first understand all of the hype about eggs, we must know what's underneath the shell. Eggs are summed up easily nutritionally. They contain high quality protein, good fat, essential vitamins, and minerals. All of which comes at a low caloric cost. So why the hell would we not utilize eggs in our everyday diets? Jiu-jitsu is demanding on our bodies and minds. Eggs have the right fuel for our bodies to repair, replenish, and build.



PROTEIN: On average, a single egg contains six grams of high-quality protein which is essential for muscle growth and repair. In addition to the growth potential, protein is a building block that helps sustain our bodies and minds throughout the day. The protein is found within the egg whites.

GOOD FATS: Contrary to popular belief, not all fats are bad. In fact, egg yolks get a bad rap but they are where all of the nutritional value comes from in eggs besides the protein. Egg yolks contain 13 essential vitamins and minerals and even contain antioxidants. The yolks also contain choline which is necessary to transport nutrients within our bodies.

VITAMINS: There is practically a laundry list of vitamins and minerals found within eggs or egg yolks to be exact. Vitamins A, D, E, B1, B3, B6, B9, and B12 are all great for regulating blood sugar, cardiovascular health, metabolic health, memory and cognitive function. Most people have a Vitamin D deficiency which leads to weaker bones bone aches, stomach issues, obesity, and general sadness. Crazy, right?

MINERALS: Something we do not always think about when we are concerned with what we are eating, are minerals. We, as humans, are a part of nature and nature is built of minerals. That is a pretty generic statement, but we need water to survive and that is because water contains essential minerals that help our bodies function properly. Eggs are an egg-cellent source of choline, calcium, iron, phosphorus, zinc, and selenium. All of which are needed for building strong bones, muscles, skin, hair, along with muscles, and nerve function. Minerals aid in digestion and how our bodies metabolize what we eat. Long story short, they aid in turning the food we eat into energy that our bodies use to grow and function properly.

Egg Yolk Color

A fun fact is that the color of an egg yolk is based on the hen's diet. Light color yolks would mean the hen ate a wheat and barley heavy diet compared to a dark yolk which would signify a green vegetable diet.

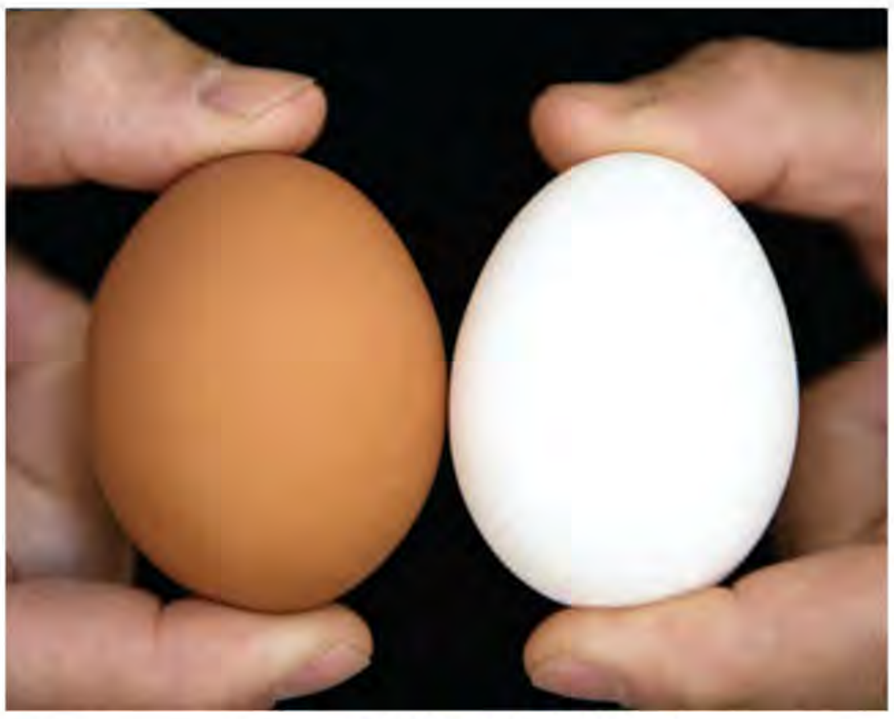
WHICH EGG TO PICK?

Much like every item in the grocery store these days, there are a million and one different options to choose from. What is the difference between free-range, cage-free, natural, or certified organic? Or for those of us that are less picky, white or brown? Then there is this crazy size grading system to navigate and makes us wonder, is bigger always better? So, to understand which dozen to grab, we will start from the basics and work our way into rolling inverted heel hooks.

BROWN OR WHITE SHELL: This does not matter at all from a nutritional standpoint. All it indicates is what type of hen laid the eggs.

SIZES: The egg sizes are pretty straightforward. Jumbo eggs are anything bigger than 70 grams and then in intervals of seven grams, they count down to peewee eggs weighing 42 grams or less.

GRADE: There are three grades which indicate the quality of the egg primarily based on the amount of air cells within the egg. Grade AA are the best as they contain the least amount of air cells which result in an egg, once cracked, that covers a small area, has a firm and thick egg white tightly surrounding the yolk which is round and upstanding. As the grades go down to A and B, you will find the egg spreads further when cracked and the yolks are flatter and more dull. Nutritionally, there are no real stand out differences. The usages for them changes. If you are using eggs primarily scrambled or in baking applications, you should use B grades. For more delicate cooking methods, such as poaching, pan frying, or boiling, use A or AA.



BREAK A SHELL NOT THE BANK

Eggs are the cheapest source of high quality protein on the market. On average, eggs are around $0.20-0.26 a piece. That is making out like a fox in the hen house!

FREE-RANGE: The hens are allowed to roam outdoors for a certain amount of time. This could be their whole lives or just short periods of the day so the producer can use the term "free-range". When free-range, the hens live a more natural life and their integrity is priority.

CAGE-FREE: Pretty self-explanatory, the hens do not live in cages. More often than not, they are kept in barns or warehouses roaming around in large groups. The quality of life for the chickens varies.

NATURAL: A tag that is used to fool people into thinking the egg is special. Any company can use "natural" as a description.

CERTIFIED ORGANIC: Your best bet for quality. This means the hens are more often than not kept in a "free-range" lifestyle and fed an organic, all vegetarian diet that is free of any additives, pesticides, animal-products, or growth hormones.

Shell(f) Life

Eggs do not contain an "expiration date" but rather a "sell by" date. Eggs will last for 3-4 weeks past the sell by date so don't be hasty to throw them out.

- Not sure if an egg is still good? Place the egg in a glass of water, if it sinks to the bottom it's good, if it stands up on end, you'd better eat it soon, if it floats, toss it!

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CRACK INTO EGG COOKERY

As mentioned above, there are more ways to cook an egg than we can cover in such a "short" article. In fact, a traditional chef's hat, known as a toque, historically has 100 folds to signify how many different ways he/she knows how to cook an egg. Egg cookery can be super simple to extravagant. We can scramble them, make omelets, bake egg protein muffins, m e crepes, or simply fry them in a pan. But above all of those, my favorite way to enjoy eggs would be to soft boil them.

WHAT YOU WILL NEED:

- 1 pot large enough to hold eggs covered in water.
- 3 eggs (obviously you can multiply this as desired)
- Water: enough to cover the eggs
- A stove
- A sink
- A timer of some sort, digital, phone or even a wrist watch.

STEP 1

Place your eggs into the pot and cover them with water- I prefer colder water to ensure a slower cook at the start.

STEP 2

Place the pot on the stove and turn it onto high heat and bring the water to a boil.

STEP 3

Once the water begins to boil, turn the heat down to medium low and simmer. Set your timer for four minutes. (This is where you have some control on the doneness of your yolk. If you like them really runny, set it to three minutes. Want the outside of the yolk a little more done, set it to five minutes. Pretty simple, right?

STEP 4

Now that your timer has gone off, turn off the heat and keeping the eggs in the pot, drain off the hot water and turn your sink's cold water on and place the pot under it to fill the pot with water. Keep the water running over the eggs for exactly one minute.

STEP 5

Once the minute is up, take the eggs out of the water and peel them immediately. The best way is to turn the eggs on their side and while applying gentle pressure, roll the egg on a hard surface to crack the shell around it. Work your thumb between the shell and egg white and carefully peel the shell away. At this stage, the eggs are still a little warm and are delicious to eat straight away with a little salt and black pepper or mixed into a egg or tuna salad. To save them for later, simply pop them into the fridge in an airtight container.

GREEN MACHINE EGG SALAD

Now, how to best utilize these perfectly boiled gems? What better way than in a lean, mean, protein packed green egg salad.

INGREDIENTS

- 4 Soft boiled eggs, chopped
- 1 Avocado, split, seeded, chopped
- 2 Scallions (green onion), chopped
- ¼ Red onion, minced
- 1 Tbsp Greek Yogurt
- ½ tsp Garlic Powder
- 2 Dashes Hot sauce
- Salt & Black Pepper

METHOD

Combine avocado, onion, yogurt, spices, and hot sauce in a bowl and mash to combine.

Fold in eggs and scallions.

Eat with crackers, on toasted bread, or in a wrap.

CONCLUSION

Eggs are fantastic and super simple. Unless you are a vegan, you most certainly should be including eggs into your diet. The average person should be consuming three eggs in a meal if you are choosing to have eggs on the menu for that portion of your day. The best part about eggs, besides the nutrient content and that they are delicious, is the fact that they transport well and can be used in bulk cooking methods to help ease the workload of cooking throughout the week without jeopardizing your nutrition. Go out there, get a dozen, and explore. I challenge you to try and cook every three eggs a different way. You will be busy for a long time and will never get bored of them! For more egg recipes and cooking techiniques, make sure to head over to **grapplergourmet.com** and hell, snag a copy of my new cookbook **Eat Well,Train Hard!** Oss!

jjm

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THE IMPORTANCE OF VITAMIN D3

WORDS & PHOTOS: **STAFF**

BEING EFFECTIVE AT JIU-JITSU, OR ANY ATHLETIC ENDEAVOUR, REQUIRES BOTH THE BRAIN AND THE ENTIRE SKELETOMUSCULAR SYSTEM TO PERFORM AT THEIR OPTIMAL LEVELS. RESEARCH TODAY INDICATES THAT THERE ARE FEW MINERALS OR VITAMINS THAT OFFER BENEFITS COMPREHENSIVELY FOR BOTH THE MENTAL AND PHYSICAL WELL-BEING OF AN INDIVIDUAL LIKE VITAMIN D3. For grapplers, Vitamin D3 is a versatile dietary supplement that has the potential to boost speed, strength, and endurance both on the mat and on the streets while also improving overall health.

WHAT IS VITAMIN D3?

Vitamin D3 is the common name for the chemical substance cholecalciferol. It is the only vitamin the body can manufacture on its own through a process that requires skin exposure to sunlight, specifically to UV-B rays. Within the body, cholecalciferol is converted by the kidneys and liver into the steroid hormone, calcitriol. Calcitriol controls neuromuscular function and bone metabolism while also regulating phosphorus and calcium levels in the body. It should be noted that despite calcitriol's classification as a "steroid", the use of Vitamin D3 supplements is completely legal and may be ingested without fear of any side effects.

WHY DO WE NEED IT?

The intimate relationship between Vitamin D3 and bone health has been documented by science for well over a century. Research today is revealing, however, that it has a much broader spectrum of benefits for the human body than initially anticipated, and several of these benefits directly affect the performance of the jiu-jitsu athlete.

Aside from its role in maintaining overall bone density and strength, the presence of adequate levels of Vitamin D3 seems to be able to stave off back pain and rheumatoid arthritis; this is apparently related to the absorption of calcium into the bones, a process that is facilitated by the presence of Vitamin D3 in the body.

Tests have also shown a positive correlation between Vitamin D3 concentration and cognitive function. This seems to be a factor dependent upon the concentration of phosphorus in the body. Besides being an essential component of healthy bones, phosphorus also dictates the energy levels of the body, promotes the inclination to indulge in strenuous activity, and fights muscle fatigue and lethargy.

Vitamin D3 regulates the levels of both calcium and phosphorus. With research now linking Vitamin D3 deficiency to a multitude of health problems and conditions like diabetes, high blood pressure, cardiovascular disease and macular degeneration, it seems this humble vitamin should indeed be a crucial part of one's health.

BENEFITS FOR GRAPPLERS

To control and limit the movements of an opponent, a jiu-jitsu practitioner brings into play his or her entire body – limbs, torso and appendages; this is partly the reason our sport is so beneficial to overall strength and endurance. To be able to project this strength, the entire skeletomuscular system must come into play. The skeletomuscular system, as the name suggests, is the combination of the muscles of the body and the bones of the skeleton anchored by tendons. Calcium is the critical component of bones and as Vitamin D3 regulates the amount of calcium in the body, it is directly responsible for their density and consequently, their strength.

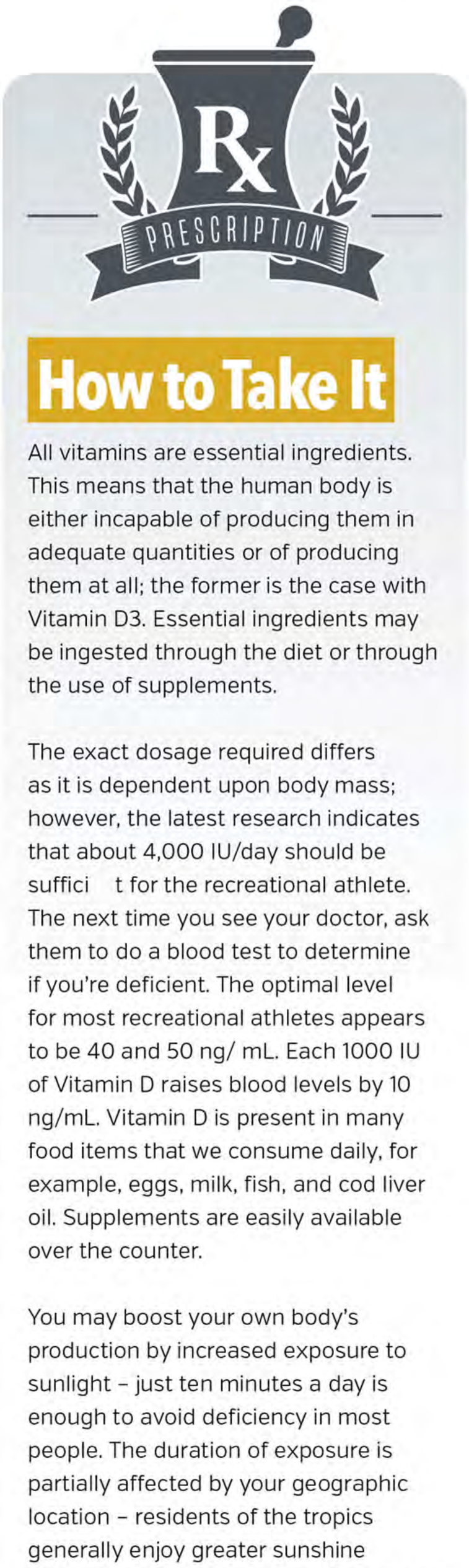
Few would disagree that the essence of jiu-jitsu is the dominance of skill over strength. Whereas the strength of the body is essential in executing a move, the inception of the concept and the choice of tactic must be made in stressful circumstances by a brain that may be wearied by the fatigue of battle. This is where clarity of mind and soundness of purpose become critical to success in the jiu-jitsu arena.

The role of Vitamin D3 in controlling the concentration of phosphorus in the body directly impacts the efficacy with which the mind fights the fatigue that can cripple its ability to make effective tactical decisions. Weary muscles will make it harder to mount an effective attack against your opponent; this too is a factor that is closely related to the phosphorus levels in the body.

DIRECTIONS: For adults, take one (1) softgel daily preferably with a meal.
1 PER DAY
Supplement Facts
Serving Size 1 Softgel
Amount Per Serving
%Daily Value
Vitamin D
(as D3 Cholecalciferol)
5,000 IU
1,250%
Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Corn Oil.
No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.
WARNING: This high dose product is intended for those deficient in Vitamin D as determined and recommended by their physicians.

CONCLUSION

We all want to roll forever, and Vitamin D3's contribution to the fight against conditions like osteoporosis and macular degeneration - which are an almost inevitable part of the aging process for many - mean that both the quality of your game and the quality of the life you lead tomorrow will be significantly improved by ensuring you maintain an adequate intake of Vitamin D3 today.



How to Take It

All vitamins are essential ingredients. This means that the human body is either incapable of producing them in adequate quantities or of producing them at all; the former is the case with Vitamin D3. Essential ingredients may be ingested through the diet or through the use of supplements.

The exact dosage required differs as it is dependent upon body mass; however, the latest research indicates that about 4,000 IU/day should be suffici t for the recreational athlete. The next time you see your doctor, ask them to do a blood test to determine if you're deficient. The optimal level for most recreational athletes appears to be 40 and 50 ng/ mL. Each 1000 IU of Vitamin D raises blood levels by 10 ng/mL. Vitamin D is present in many food items that we consume daily, for example, eggs, milk, fish, and cod liver oil. Supplements are easily available over the counter.

You may boost your own body's production by increased exposure to sunlight – just ten minutes a day is enough to avoid deficiency in most people. The duration of exposure is partially affected by your geographic location – residents of the tropics generally enjoy greater sunshine penetration whereas those living closer to the poles receive comparatively less. It is prudent to keep this in mind when reading research recommendations and also when traveling. [Small shot of sun can go around here with caption: With UV light from the sun, your body will produce Vitamin D3 but keep in mind if you're wearing sunscreen you're not getting the UV light you might think you're getting.]

COMING TO AMERICA?

The Foreign Fighter's Guide to US Immigration

WORDS: **BEATRIZ HERNANDEZ**

IN THE PAST SEVERAL YEARS, A RECORD NUMBER OF BRAZILIAN JIU-JITSU ATHLETES FROM AROUND THE WORLD HAVE KNOCKED ON THE UNITED STATES' DOOR REQUESTING ENTRY INTO THE COUNTRY. THE COMPETITIVE ATHLETES SEEK THE OPPORTUNITY TO COMPETE IN SOME OF THE MOST PRESTIGIOUS IBJJF COMPETITIONS HOSTED IN THE USA SUCH AS THE MUNDIALS AND PANS. These international competitors spend months preparing for their competition drilling technique, rolling, dieting, and strength and conditioning, all with the specific focus of standing at the top of the podium, gold medal in hand.

Recently, the United States has denied entry into the country for many international jiu-jitsu athletes. It is an unfortunate situation when a visa is denied to an athlete that has invested months of time training as well as money for their competition. Oftentimes, the immigration officer bases his or her decision on previous immigration violations. Immigration officers are equipped to investigate and research an athlete's prior visit to the United States. Often they find that the athlete overstayed a visa, worked without authorization, or received compensation for training or competition. Research conducted through the Internet, such as on Facebook, Instagram, and jiu-jitsu gym websites, can reveal a lot of critical information that may be used in a visa denial. [VISA]

Under current Immigration Law, there are several visa options available to athletes. It is important to obtain the most applicable visa for the nature of your visit to the USA in order to minimize the possibility of Immigration denying your entry and crushing your chances for the gold. Popular visas for competitive athletes are the following:

B VISA

This category includes persons visiting friends or relatives in the United States. Specific activities also endorsed by the State Department under the B2 visa include an amateur athlete engaging in an amateur activity. If you plan on traveling to the USA specifically to compete in the Mundials and train jiu-jitsu, this visa may be for you.

The B2 visa is temporary, meaning immigration will specify the length of your authorized stay, which is usually six months. An extension may be requested beyond the six months. Remember, however, any period in the United States beyond the authorized date, even one day, may severely impact your eligibility for future entry. It is also crucial to remember that under the B visa, the foreign athlete cannot engage in any gainful employment in the United States. Are you receiving payments as a referee for a local jiu-jitsu tournament? Not allowed. Are you teaching seminars at a local jiu-jitsu gym for a seminar fee? Not allowed. Are you giving private training sessions at a local jiu-jitsu gym for cash? Just say NO!

O VISA

Individuals with extraordinary ability in athletics may qualify for an O-1 visa. Generally, an applicant must have extraordinary ability demonstrated by sustained national or international acclaim. All applicants must show, through extensive documentation, that they have received the highest level of recognition in jiu-jitsu. World Champion? A top 10 black belt in the world? Numerous gold medals at major international tournaments? This visa may be for you!

The O-1 visa may be granted for an initial stay of a maximum of three years and may be renewed indefinitely. O-1 athletes are petitioned by their employer and are authorized to work in the United States. They must demonstrate that they are coming to the U.S. to continue to work in the area of their extraordinary ability, in this case, jiu-jitsu.

P VISA

The P category covers those athletes who do not fall under the O category of extraordinary ability. The P visa can be approved for an initial period of stay of five years and up to a total of 10 years. The P visa is granted to an athlete who will be coming to the USA for a competition, event or performance, which may include an athletic season, tournament, or tour. An employer files the P petition for the athlete and demonstrates the scheduled events and competitions. The P visa athlete is authorized to work for their petitioning employer while on the P visa.

CONCLUSION

If you plan to compete in the United States, seek guidance from legal counsel. Any immigration violations can have a severe impact on your future possibilities of competing in the United States. If you are a jiu-jitsu athlete that has been denied entry to the USA, discuss your case with legal counsel. There may be a waiver available to cure your situation. Knowledge is power. Ossss!

About

BEATRIZ HERNANDEZ

Beatriz Hernandez is an Immigration Attorney based in Dallas, Texas and a student of jiu-jitsu under Octavio Couto at Octagon MMA. For more information on her and to consult on immigration matters, go to:
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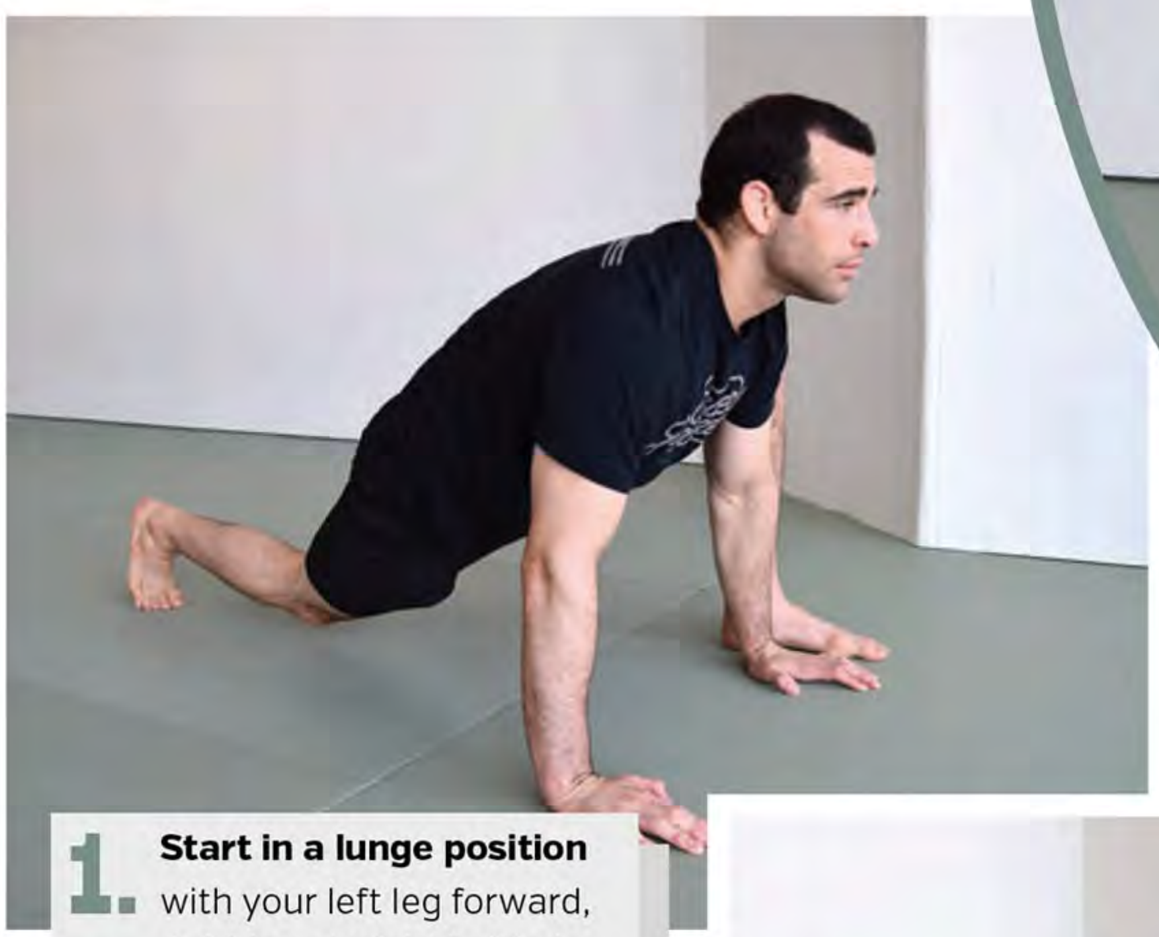
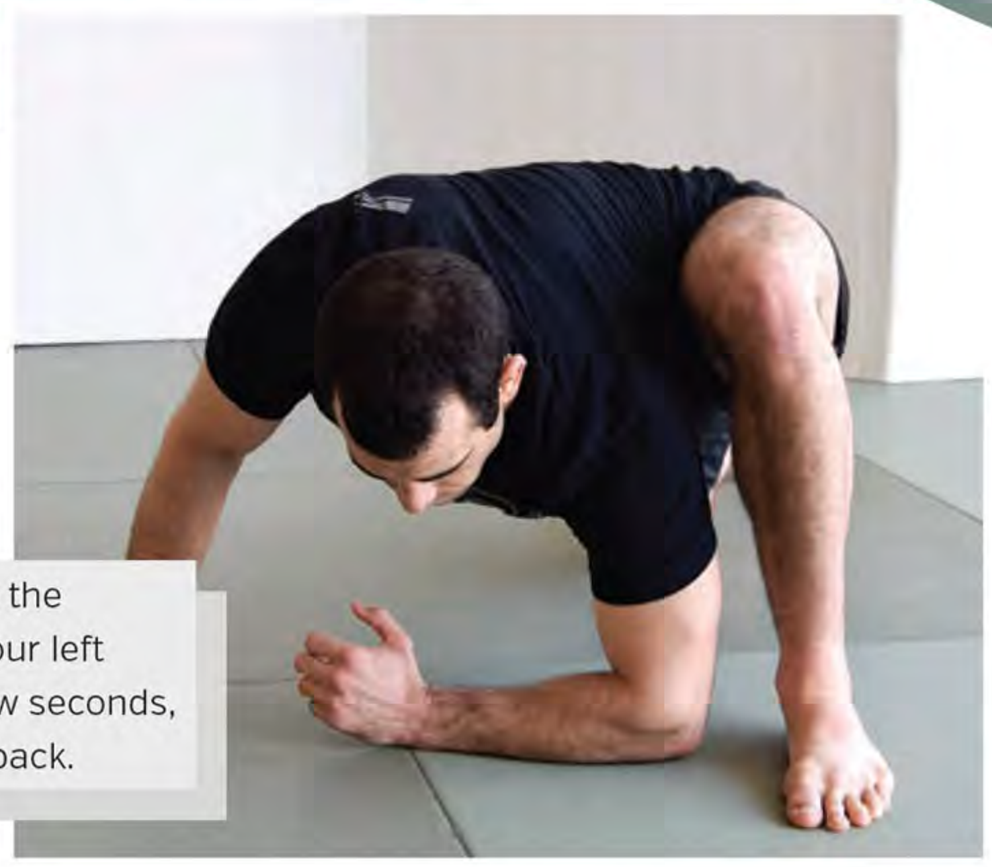
THE WORLD'S GREATEST STRETCH

WORDS: **WILL SAFFORD**

ONE STRETCH TO RULE THEM ALL? WHILE IT'S MORE OF A SERIES OF STRETCHES, "THE WORLD'S GREATEST STRETCH" (TWGS), IS CERTAINLY A GREAT OPTION FOR WARMING UP, ESPECIALLY IF YOU'RE SHORT ON TIME. Although you may want to spend time warming up each joint individually before training, TWGS hits your hip flexors, glutes, quads, hamstrings, core, and spine. This makes it a solid choice for any warm-up routine. Just be sure to spend enough time in each position to get the full benefit of the "stretch" and go through each series a few times before training.



1. Start in a lunge position with your left leg forward, right leg straight behind you, ball of the back foot on the ground, and your hands on the ground inside of your left foot. Make sure to keep your back flat.



2. Drop your left elbow down to the ground (if possible) inside of your left foot. Hold this position for a few seconds, while trying to maintain a flat back.

3. **Come back up to your hands** and twist out to the right while raising your right arm straight up to the sky. Turn your head and look up toward your right hand, twisting your body as far as possible. Hold this position for a few seconds.

4. **Drop your right hand to the ground** and twist in toward the left, n w raising your left rm up to the sky. Again, look up toward your left hand twisting as far as possible and hold for a few seconds.

5. **Next, bring your left hand down** to the outside of your left leg so b th hands are straddling your left foot. Now, straighten your left leg sl wly and as far as possible to stretch your hamstring. Hold for a moment before bending back into the lunge and switching legs.

PRESCRIPTION

Use “The World’s Greatest Stretch” before any roll or workout. If you’re jammed for time, run through the series on each leg at least once, holding each part of the stretch for at least three seconds. If you have more time, use TWGS as part of your warm-up and go through the series three to five times on each leg. Again, hold each stretch for 3-5 seconds. If you can’t drop your elbow to the ground in Step 2, go down as far as possible without rounding your back. Don’t force any part of the stretch but allow things to loosen over time.

TECHNIQUE

JEFF GLOVER

Submissions From Bad Positions

WORDS AND PHOTOS: **MIKE VELEZ**

OVER THE YEARS, JEFF GLOVER HAS BUILT UP A HEALTHY REPUTATION AS BEING SOMEONE THAT'S VERY DIFFICULT TO SUBMIT. IF YOU'VE SEEN ANY OF JEFF'S MATCHES IN RECENT YEARS, YOU'VE SEEN THAT HE'S NOT AFRAID TO GIVE HIS OPPONENT PLENTY OF OPPORTUNITIES TO ATTACK. Whether it's backing in to an opponent to pull donkey guard or simply sitting down with his back turned, Jeff's not afraid to take risks. Sometimes it's part of the plan, to bait his opponent into an offensive position only to strike back with a counter he's got calculated way in advance. But sometimes it's not by design, sometimes the other guy just works hard to get Jeff in a bad spot. With that in mind we started talking to Jeff about doing an article with us on escapes. Jeff suggested he share with us some slick submission and counters that can be executed from some pretty bad spots. Being able to mount an effective attack when your opponent is in full offense mode comes in pretty handy. The last thing they are expecting is to get caught in something when they're going in for the finish. Having these counters in your tool box will be a great way to help boost your confidence in bad positions which will in turn keep you calm and increase the likelihood of at least getting out of said bad position, if not getting the finish.

FIGHTER STATS

Powered by BJJ Heros

FULL NAME: Jeff ey Dean Glover
NICKNAME: He is called "The Pipelayer" because he used to be a plumber.

Lineage:

Mitsuyo Maeda > Carlos Gracie > Helio Gracie > Rolls Gracie > Jacare > Ricardo "Franjinha" Miller > Jeff Glover

MAIN ACHIEVEMENTS/RECORD:

- No-Gi World Champion (2007)
- World Jiu Jitsu Expo Superfight Champion (2012)
- Pan American Champion (2005 and 2006 – brown belt divisions)
- ADCC Bronze Medallist (2011)
- 15x Open Weight championships for different organizations throughout his career

WEIGHT DIVISION: Pena (Featherweight) 70kg/154lbs
FAVORITE POSITION/TECHNIQUE: Deep Half Guard, Donkey Guard
TEAM/ASSOCIATION: Paragon

"WHETHER IT'S BACKING IN TO AN OPPONENT TO PULL DONKEY GUARD OR SIMPLY SITTING DOWN WITH HIS BACK TURNED JEFF'S NOT AFRAID TO TAKE RISKS."

TOE HOLD FROM SEATBELT

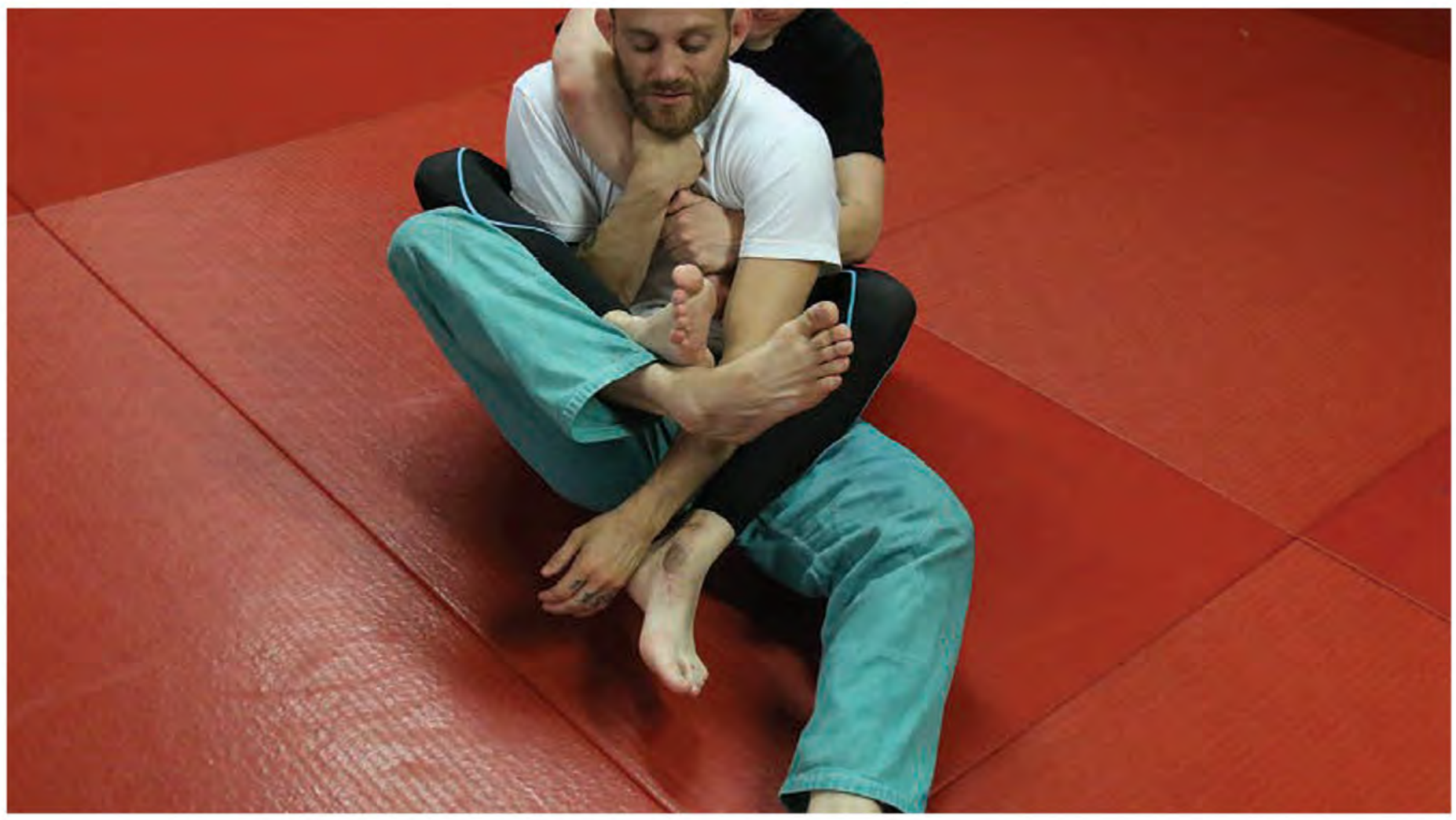
This technique is legal whenever toe holds are legal. In the gi, the toe hold is legal at brown and black belt but this is depending on the tournament.. Jeff demonstrates it with Doug Life having his back, both hooks in, and the seatbelt. But it could also be performed with your opponent having the RNC in. In which case it's a race to see who taps first.

STEP 1

Doug Life has his hooks in and the seatbelt, or if they were in the gi, he might be going for a collar choke. To relieve some pressure and to not indicate what's coming, Jeff uses a "C" style grip with his right hand on Doug Life's right forearm to relieve some pressure.

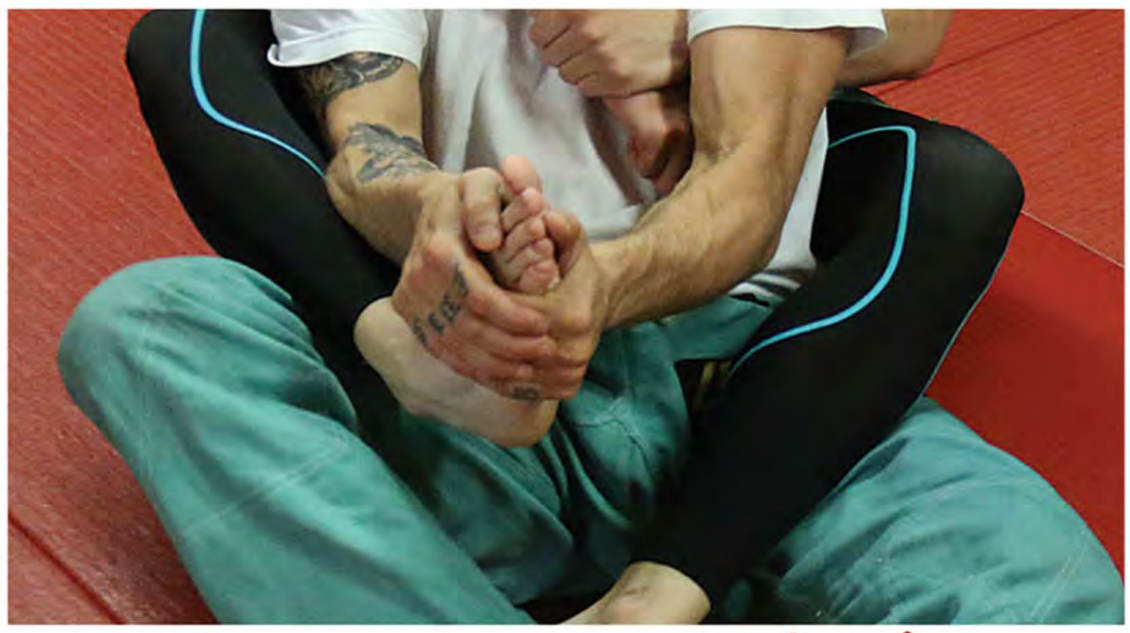
STEP 2

Jeff picks a side and using his leg, brings Doug Life's foot within reach.



STEP 3

Once the target foot is within range, he abandons the choke defense and goes with both hands on the foot. One hand over the toes, the other wrapping the other side of the foot, and both hands around the knuckles of the foot so that it doesn't slip away.



STEP 4

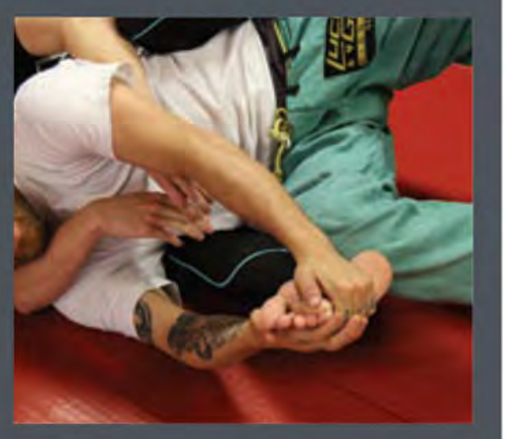
Jeff brings that same leg he used to raise the foot to now put pressure against the target leg while also dropping his right elbow down and his forearm against the target leg as well. This makes it more difficult for Doug Life to straighten his leg free.

STEP 5

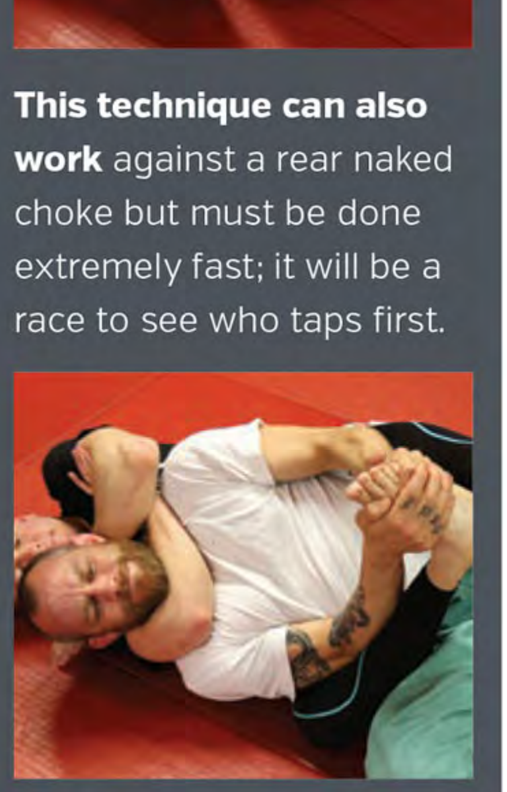
With the grip secure, Jeff falls to his right side, the side the target knee is on, while at the same time pulling the foot in. The tap is sure to come.

KEY POINTS

If you want to be a little mean about it, bring your knee up between you and their ankle. Use your knee to provide pressure and pull back on the toes to finish the toehold.



This technique can also work against a rear naked choke but must be done extremely fast; it will be a race to see who taps first.



GUARD PASS TO GUILLOTINE

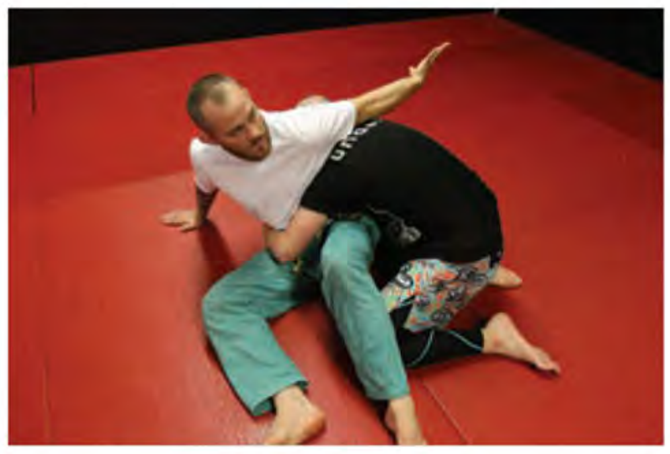
In this technique, Jeff is going to bait Doug Life into the position he wants. However, it could come about through a scramble and could be one of those bad spots that Jeff just ends up in.

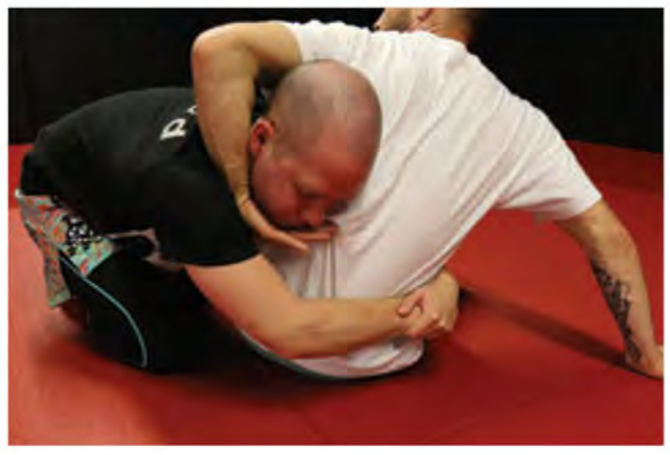
STEP 1

Rather than follow him, Jeff presents his side and lets Doug Life get past his legs to shoot and grab a hold of Jeff. In this case, Doug Life wants the back, so his head is behind Jeff.

STEP 2

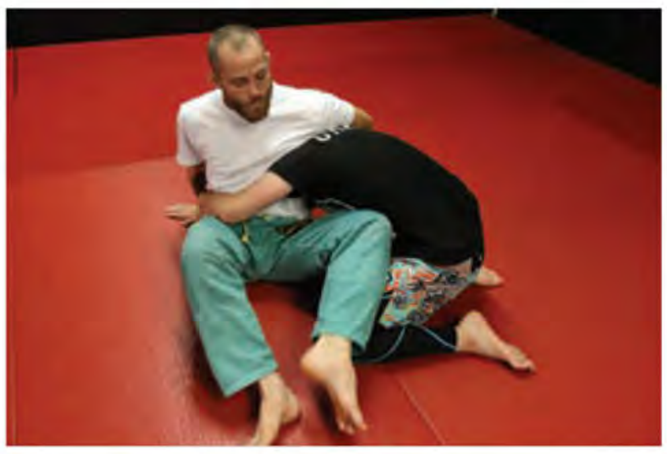
Jeff reaches his left arm up and over Doug Life's head to find the chin and cup it with his left hand.





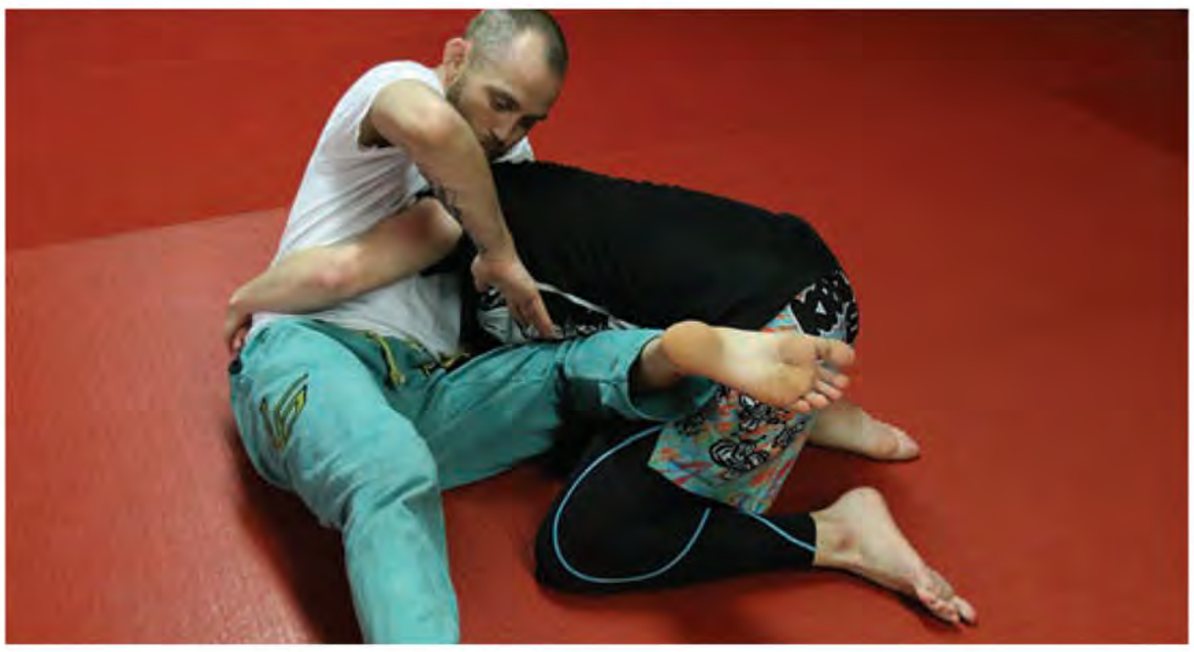
STEP 3

Now, Jeff does a big butt scoot out to his right side so that he's more squared up with Doug Life.



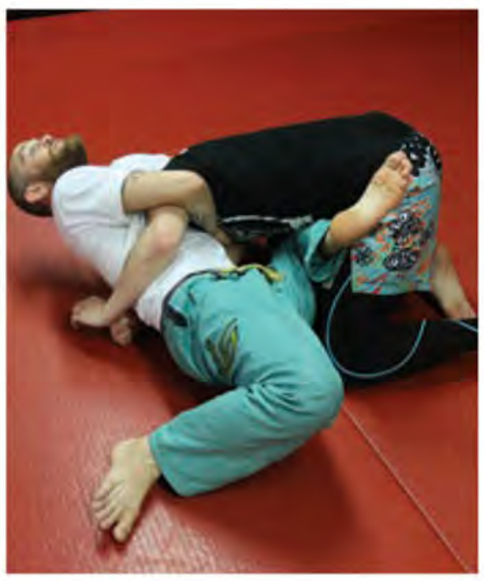
STEP 4

As he's scooting, Jeff brings his right arm over and through Doug Life's left armpit to find his own hand. Jeff's left arm is turned so that the inside edge of his forearm is against Doug Life's neck under the chin.



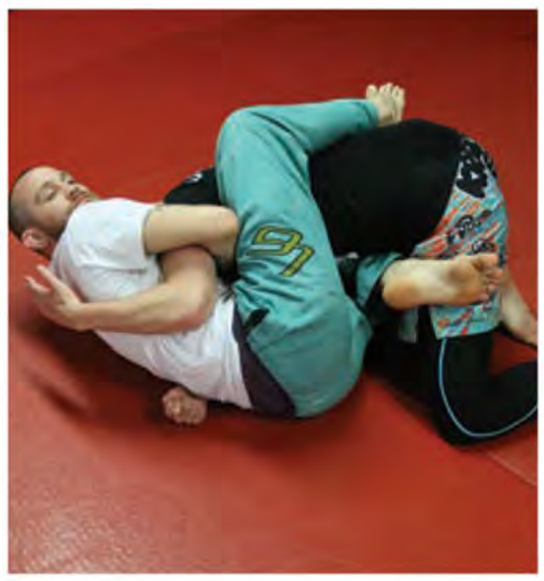
STEP 5

Once Jeff has his hands together, maybe with an S-grip/Gable grip, or just cupping his other hand, Jeff moves his left knee under Doug Life then he brings his left leg over and across his back.



STEP 6

Pulling both arms up and beginning to arch back, he gets the tap with the guillotine choke.



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GUARD PASS TO DARCE

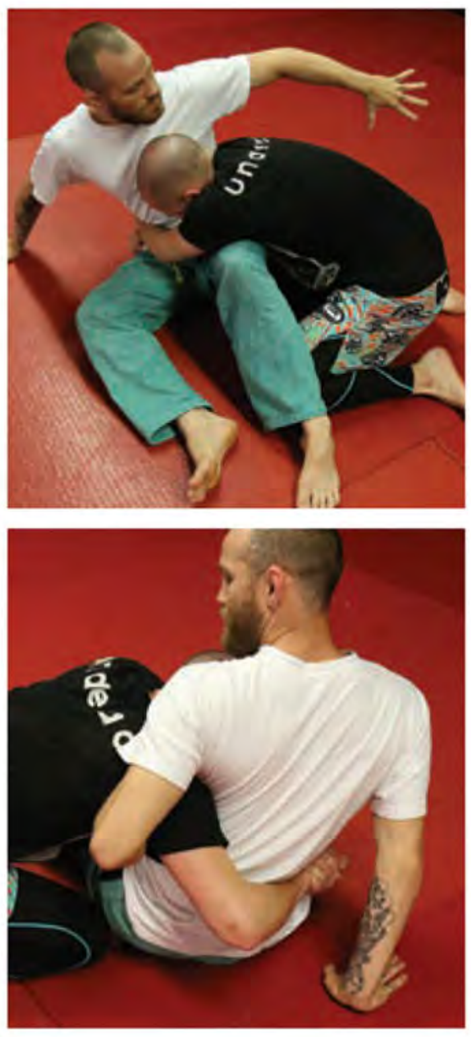
In this technique, Jeff is once again baiting Doug Life to shoot in by exposing his side, but this could easily be a position Jeff might find himself in through a scramble or a moment of panic (well maybe not Jeff, he doesn't panic) where he's trying to get away from his opponent.

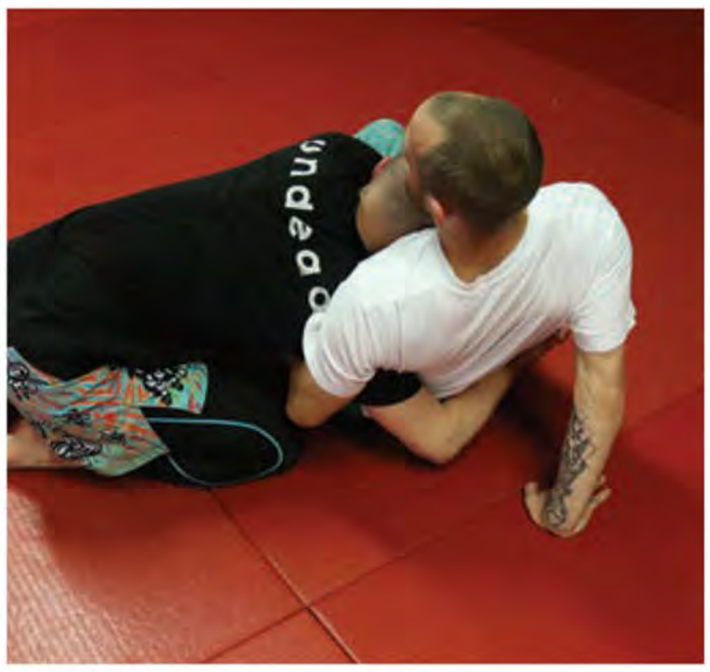
STEP 1

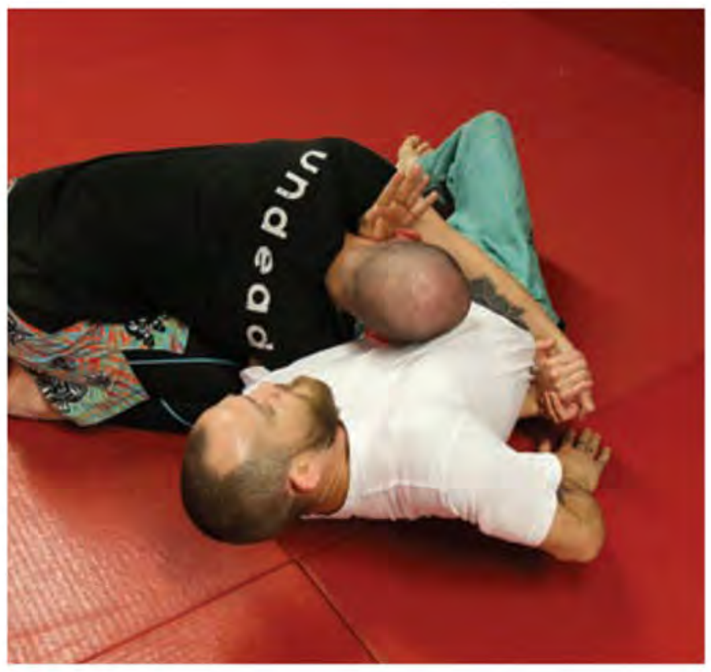
Rather than follow Doug Life with his leg, Jeff turns to his side to bait Doug Life into rushing in. This time, he leads with his head in front of Jeff.

STEP 2

Jeff makes the same action with his left hand as he did before, but this time, instead of grabbing the head he's shooting his left hand through for an overhook of Doug Life's right arm. This is often referred to as a "whizzer".







STEP 3

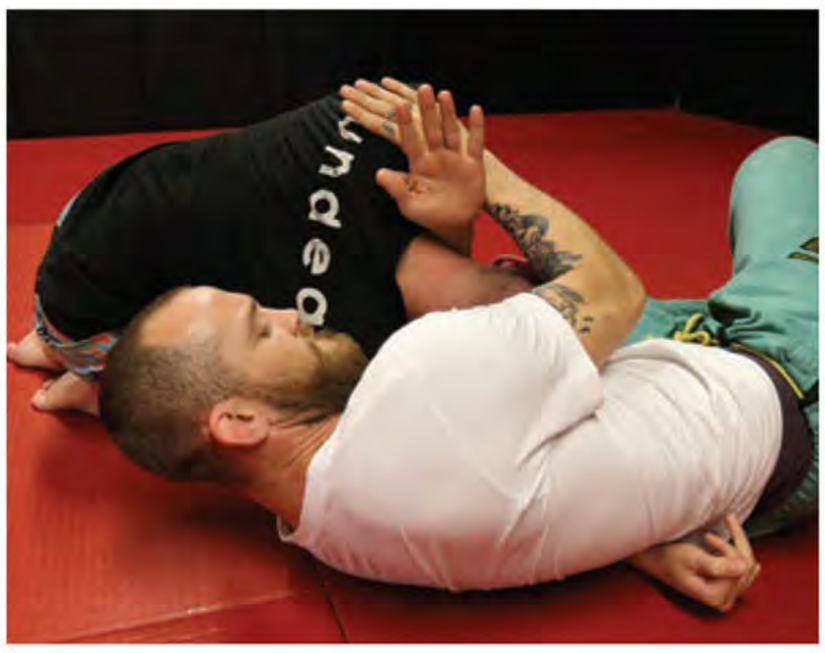
Jeff's got the overhook of the arm, so he sits back while pushing off with his left foot to raise his hips off the mat slightly as he's sitting back. At the same time, Jeff is shooting that left arm across Doug Life's neck and between his neck and left shoulder.

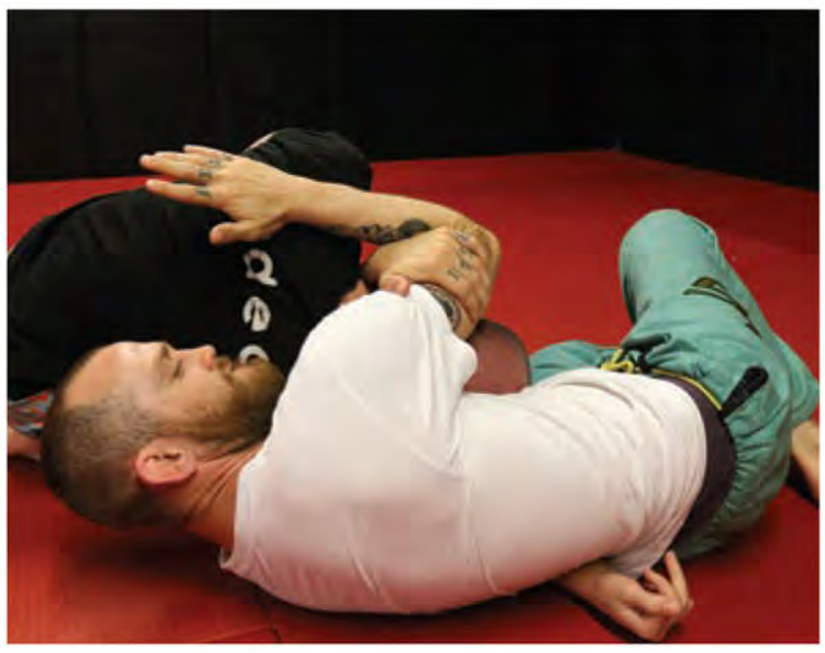
STEP 4

Using his right hand, Jeff pushes down on the back of the head to keep Doug Life trapped and gets his arm further across the neck. At the same time, Jeff is hip escaping out to his right side slightly.

STEP 5

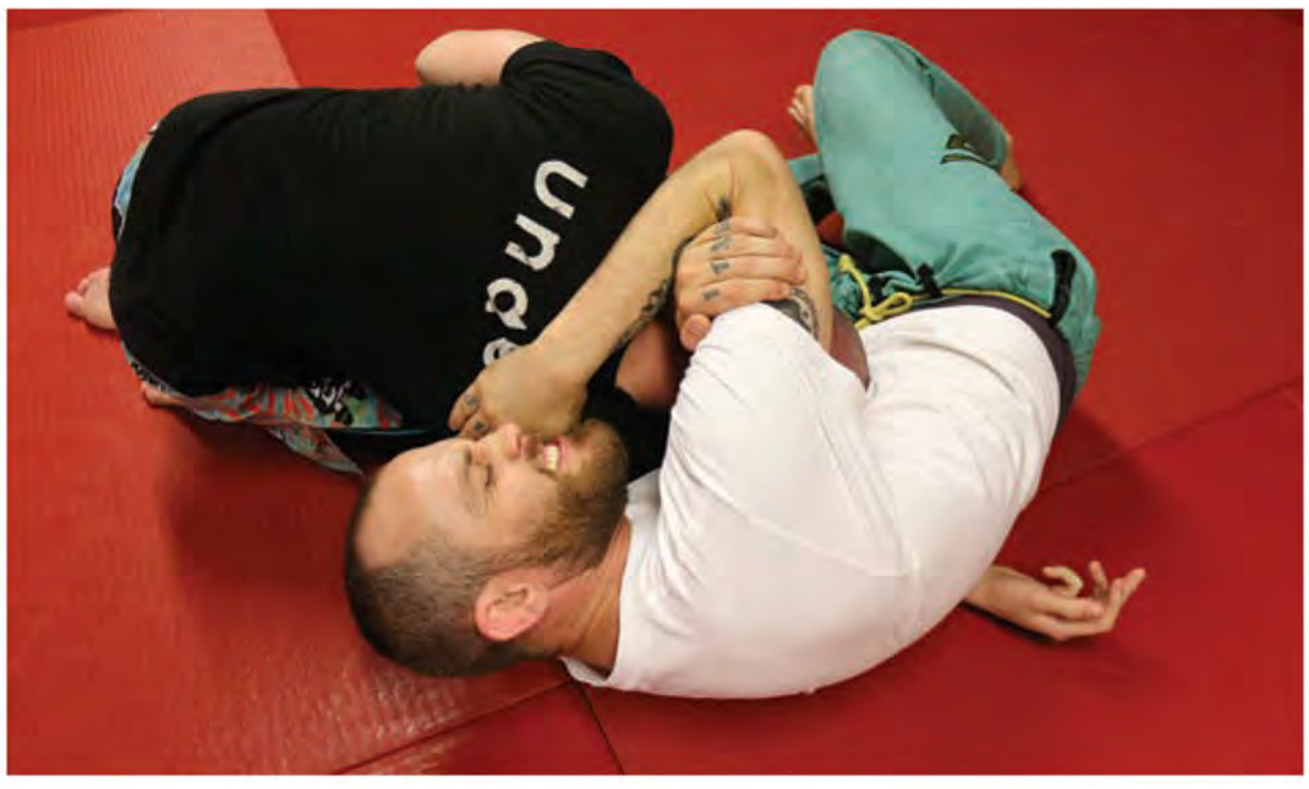
With the arm through, Jeff quickly brings his right arm over and grabs his right bicep with his left hand- the further he can get that hand through the better. Ideally, he wants his wrist in the crook of his arm, but he'll settle for his hand. If he can only reach with his fingers in the crook and the arm is not deep enough then the darce probably won't work.





STEP 6

When the left hand is in position, Jeff bends his right arm and places his palm on Doug Life's right shoulder. To finish, Jeff contracts both arms and brings his elbows in and squeezes for the Darce choke.



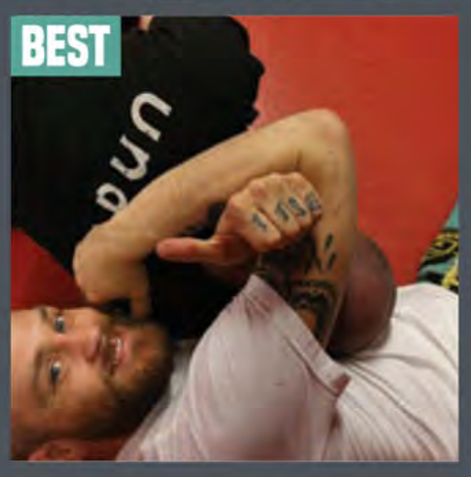
KEY POINTS

The further you can get your choking arm through and the further you can get your hand past your bicep on the lock up,the tighter everything will be. This means greater odds of getting the finish.

BAD

BETTER

BEST



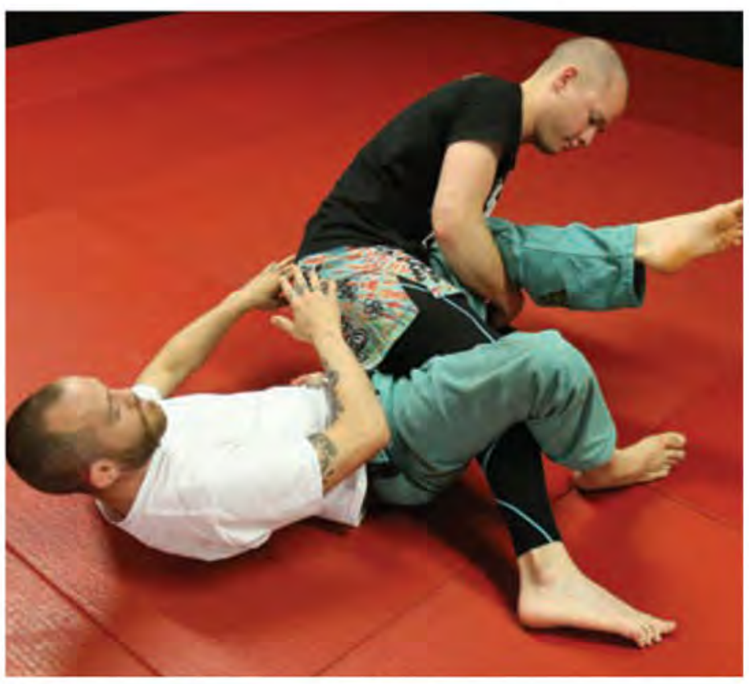
The Darce choke, also known as the "no gi brabo choke", was made famous by Joe D'arce, who used the choke successfully at many tournaments in the early 2000's. However, it was a German luta livre fighter named Björn Dag Lagerström who used it first in 1998.

KNEEBAR ESCAPE TO DARCE

This finish originates from Doug Life going for the kneebar on Jeff from half-guard. This is a common move that was first shown to us in Issue 22 by Dean Lister. There comes a point when Doug Life has to hook his arm around Jeff's leg to eventually pull back for the kneebar. This is the moment that Jeff has to react and set the pieces in place for his eventual Darce finish.

STEP 1

Starting in Jeff's half-guard, Doug Life hooks Jeff's left leg with his right arm, brings his knee over and through to pivot on the leg he wants to kneebar.

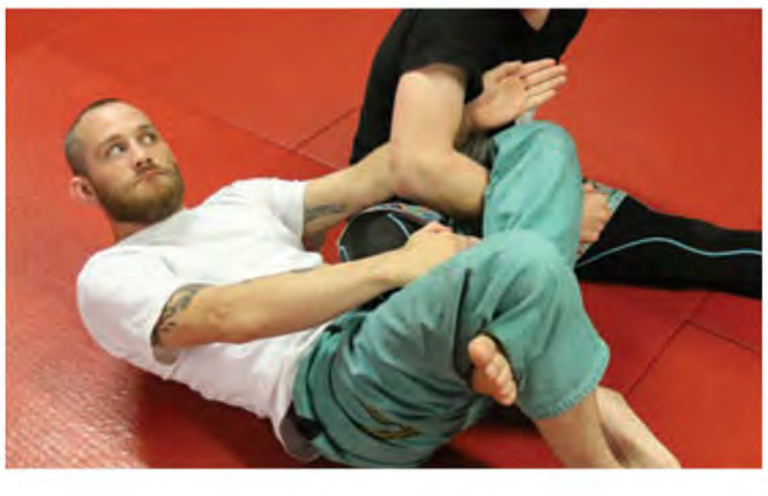


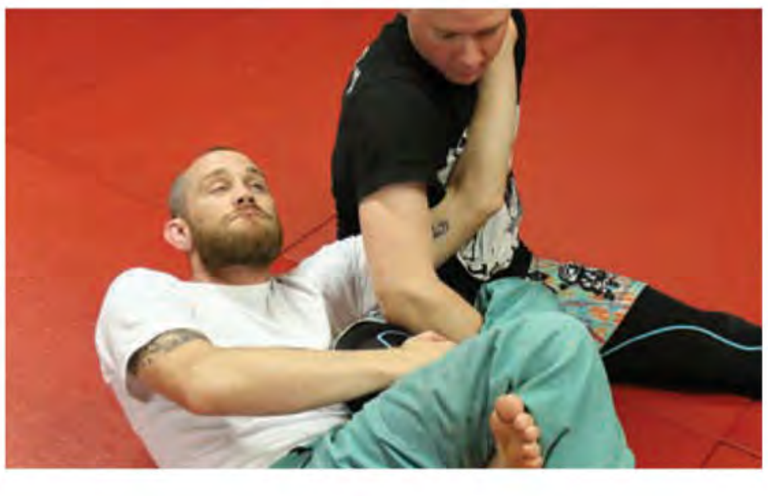
STEP 2

Before Doug Life can pull back on that leg, Jeff brings his right leg over his left foot to triangle his leg to defend the kneebar. Not only is Jeff defending the kneebar, he's squeezing down with his hamstrings and calves to pinch Doug Life's arm in place.

STEP 3

Jeff shoots his near side arm (left) through the space under Doug Life's right arm and body as deep as he can- he is hoping to grab the left side of his neck.





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STEP 4

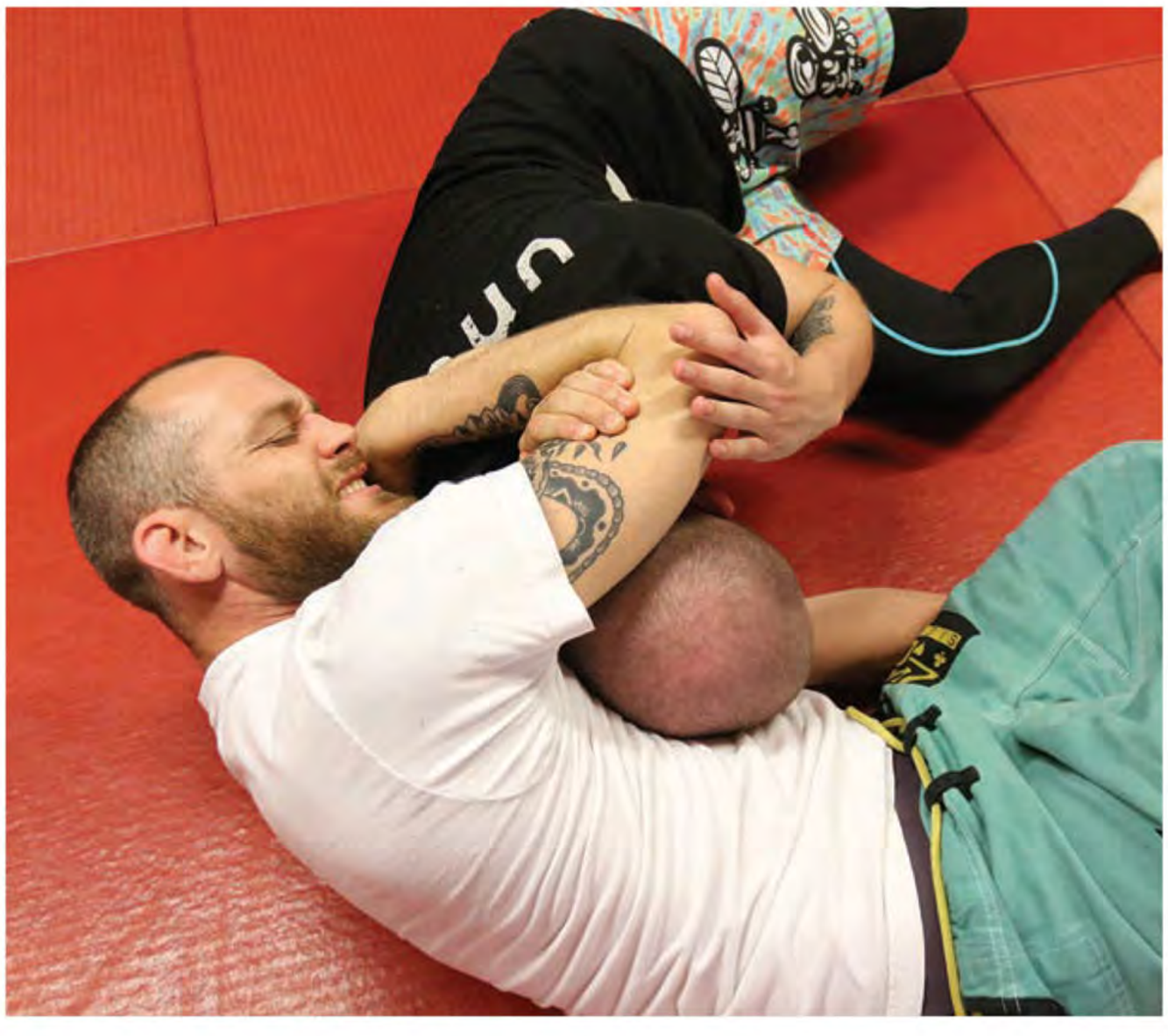
Jeff quickly brings his right arm over and behind Doug Life's neck and Gable grips his hands together. Once he has the grip, he can pull Doug Life down eventually to kick out his legs straight to get rid of the kneebar grip.

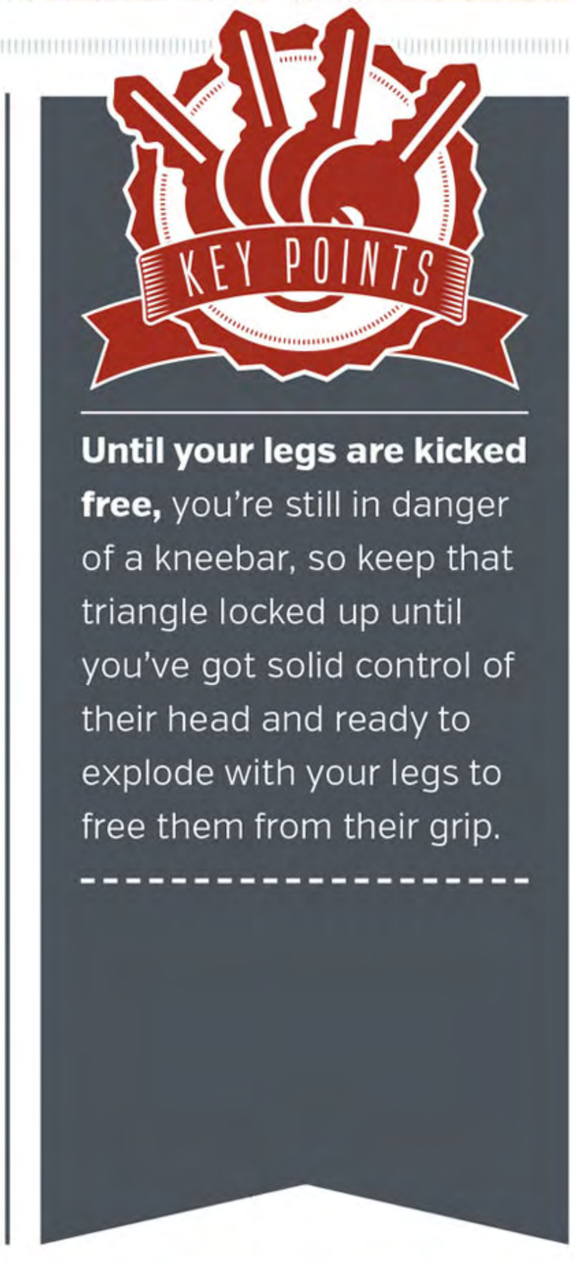
STEP 5

Now, Jeff backs away a bit so that he can reach his left arm deeper and further past Doug Life's neck so that he can reach through and grab his own right bicep to lock up the Darce.

STEP 6

To finish, Jeff continues to take any space away that's left between him and Doug Life then brings his elbows in, squeezes, and gets the tap.





Until your legs are kicked free, you're still in danger of a kneebar, so keep that triangle locked up until you've got solid control of their head and ready to explode with your legs to free them from their grip.

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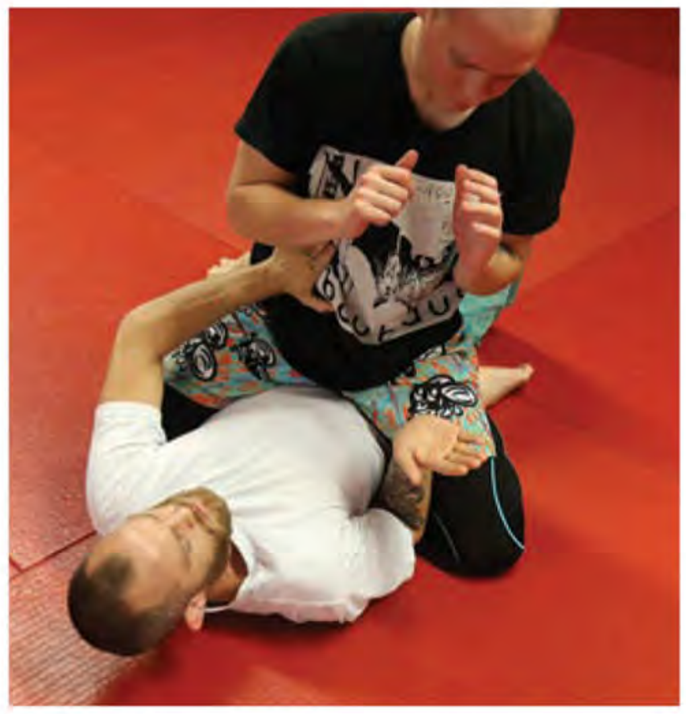
MOUNT ESCAPE TO SINGLE LEG

This move is risky. While performing it, you have to be aware of three possible ways of getting caught: guillotine, triangle, and Darce. You have to watch out for them and shut them down before your opponent can set them in.

STEP 1

Doug Life is in full mount on top of Jeff. First, Jeff brings one elbow in between him and Doug Life's knee while one arm stays out.



STEP 2

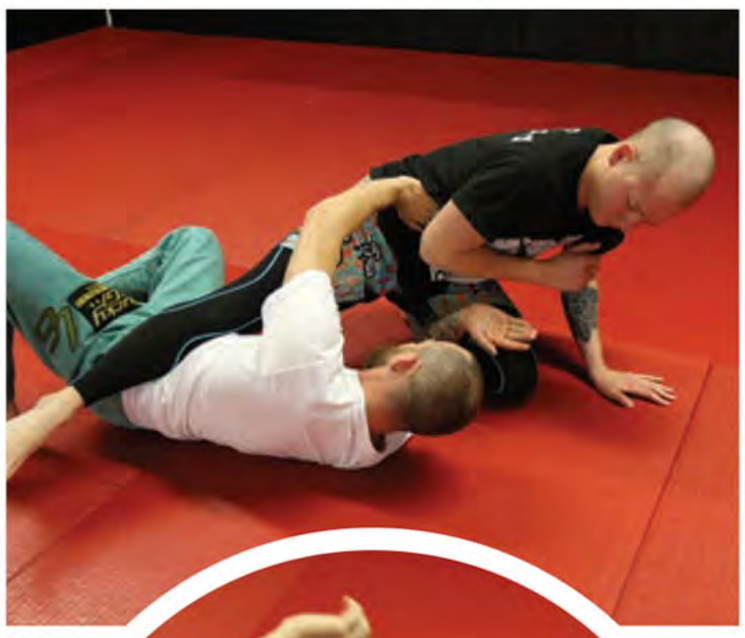
With the free hand, Jeff pushes Doug Life to his right.

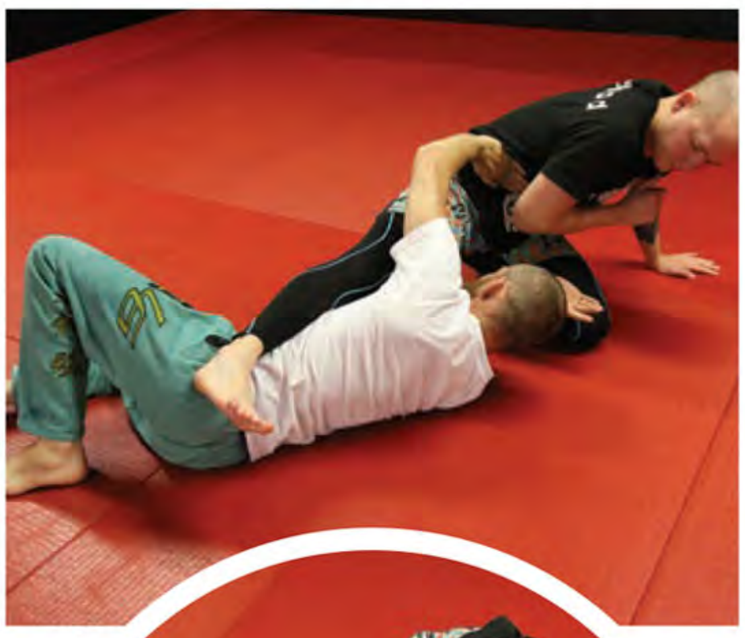
STEP 3

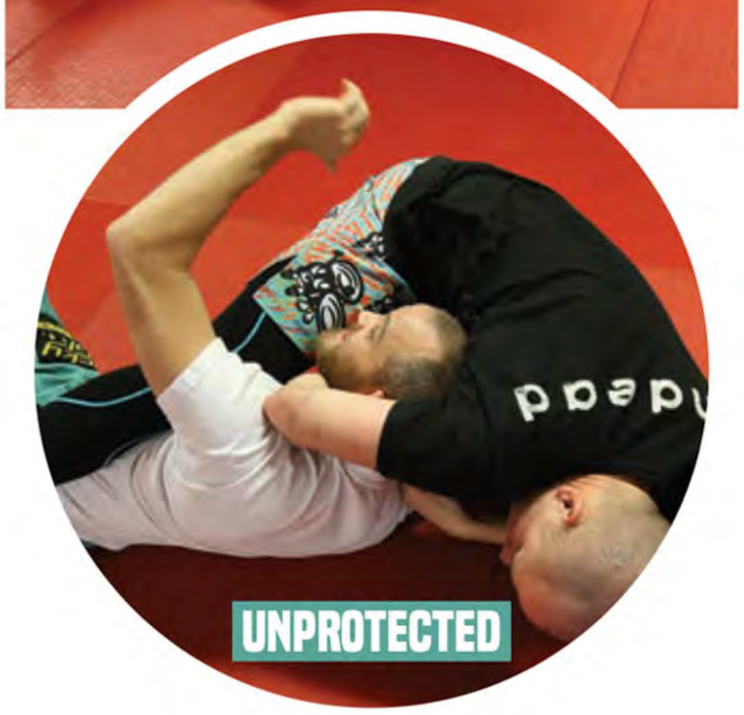
At the same time that Doug Life leans over, Jeff hip escapes to his left side. This straightens out Doug Life's right leg.

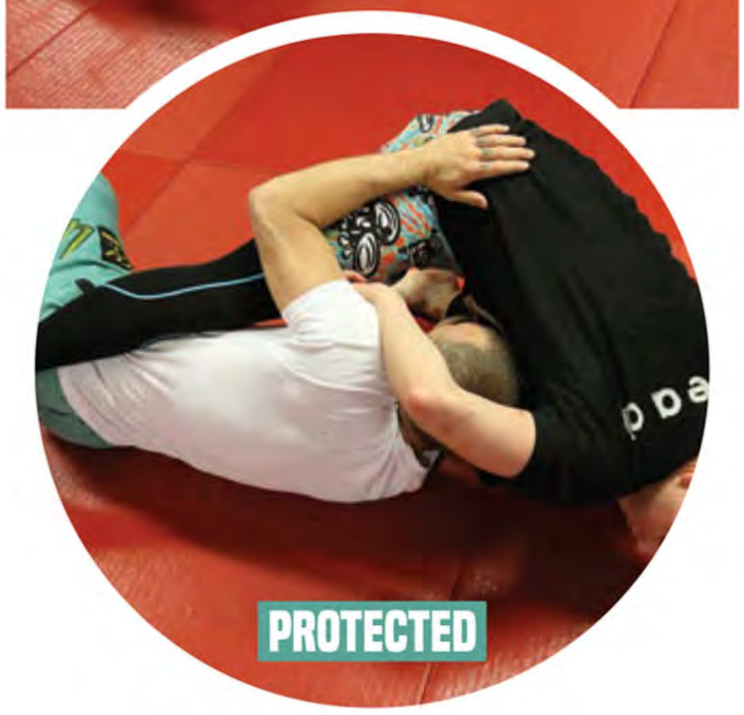
STEP 4

Jeff keeps his right arm framed against the left thigh and continues to scoot away and hip out. If Jeff's right arm isn't framed correctly against the thigh, either too high or too low, he's at risk for a triangle. This is also when a guillotine can be had. To defend against the guillotine, he would bring his left shoulder up to his neck to protect.







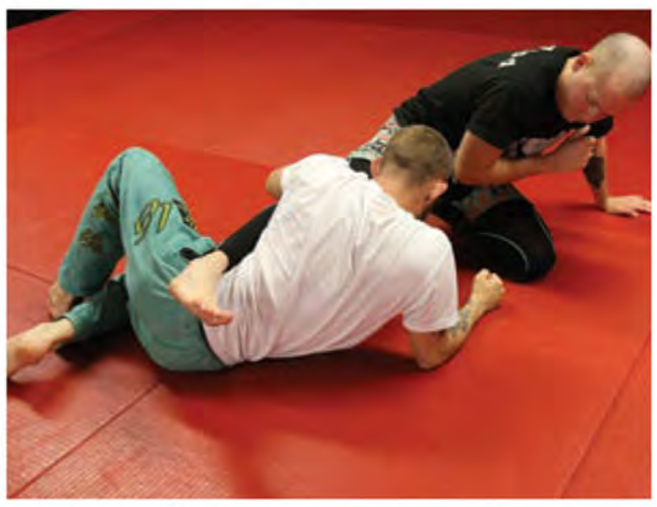


STEP 5

Once Jeff is almost inline with the outstretched leg, he reaches over the thigh with his left arm for an outside single leg.

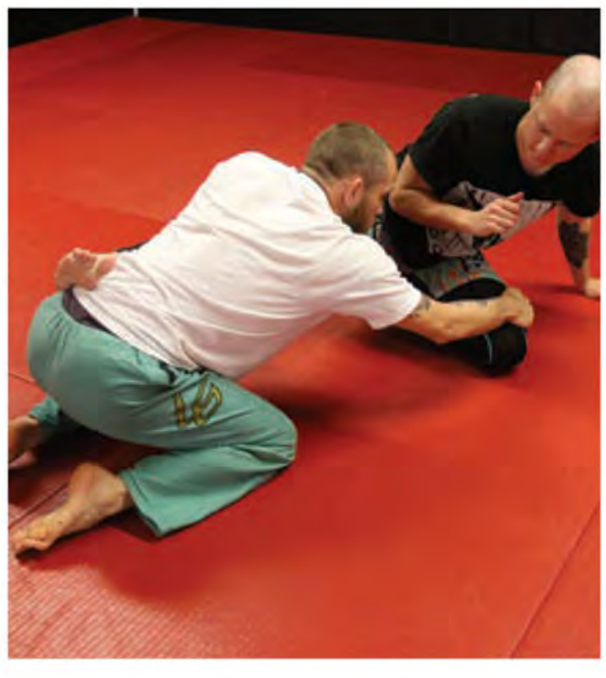
STEP 6

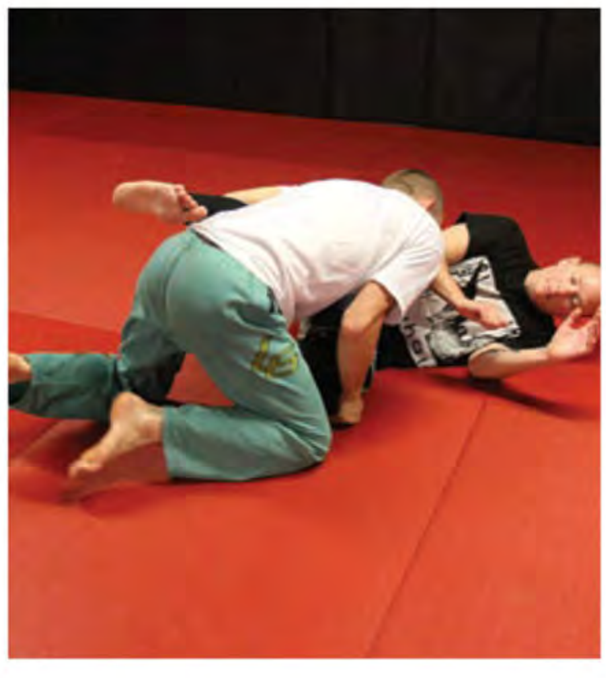
As Jeff's getting that leg, he bases his right elbow to the mat and hops up to his knees, continuing to hold that outside single leg.



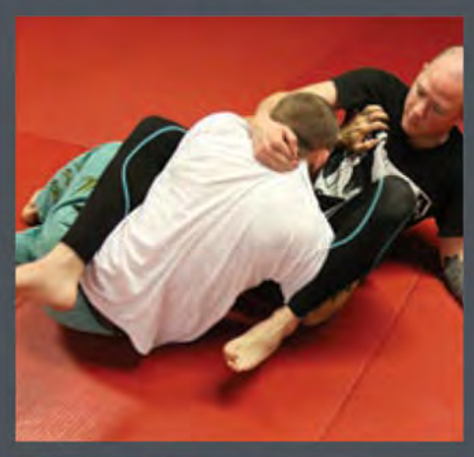
STEP 7

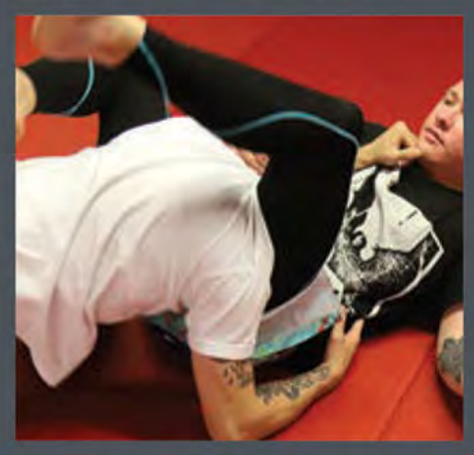
At this point, Doug Life knows he lost the position, so he's probably going to try and get Jeff in his guard. Jeff drives forward and uses his right hand to drag Doug Life's left knee across so that he can clear it and drive into side control.





During the transition from Step 5 to Step 6 is when there's a lot of danger for the triangle. Be ready to block that far leg with your right hand.





ARMBAR ESCAPE TO SIDE CONTROL

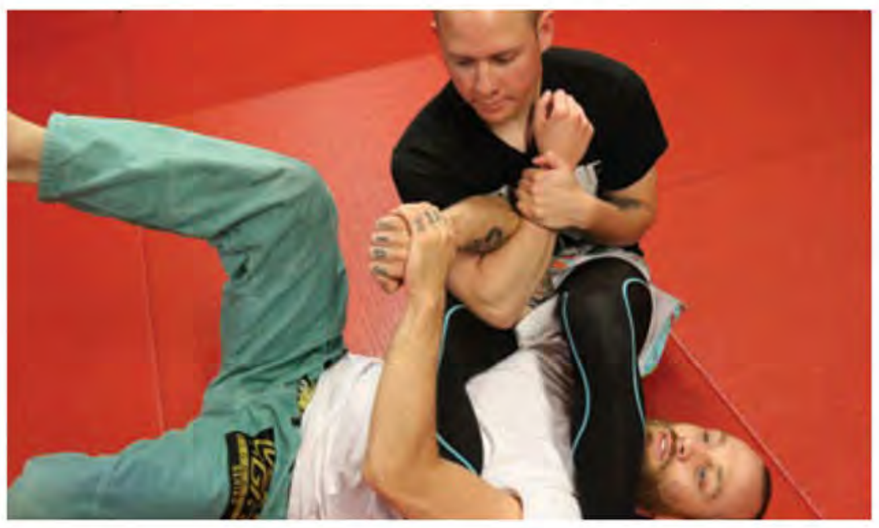
This escape takes place from a traditional armbar that may have started from the mount. Jeff's on his back and Doug Life has a hold of the arm and is ready to pull back and execute. Jeff's going to hook an ankle to get quarter guard- from there, he's reduced of the risk of the armbar and can do his thing.

STEP 1

Jeff needs some time so that he's not armbarred. With his free hand, he grabs the hand of the arm in danger. **Important note:** Jeff holds his hand, not his wrist. Holding the hand rather than the wrist reduces the risk of getting wristlocked.

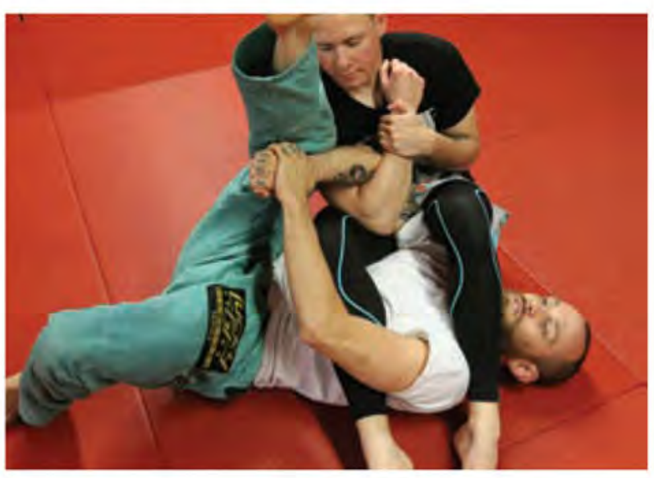
STEP 2

With the grip of his hand, Jeff pushes his right arm down while bringing his right leg up.



STEP 3

Jeff stuffs his right hand and wrist into the crook of his right knee then immediately bites down with his right leg while also using his right hand to cup the farside of his thigh below the knee.



STEP 4

Once Jeff's right arm is in a safer position, he turns his attention to Doug Life's right leg. Jeff pushes Doug Life's right leg down by using his forearm and not his hand.

STEP 5

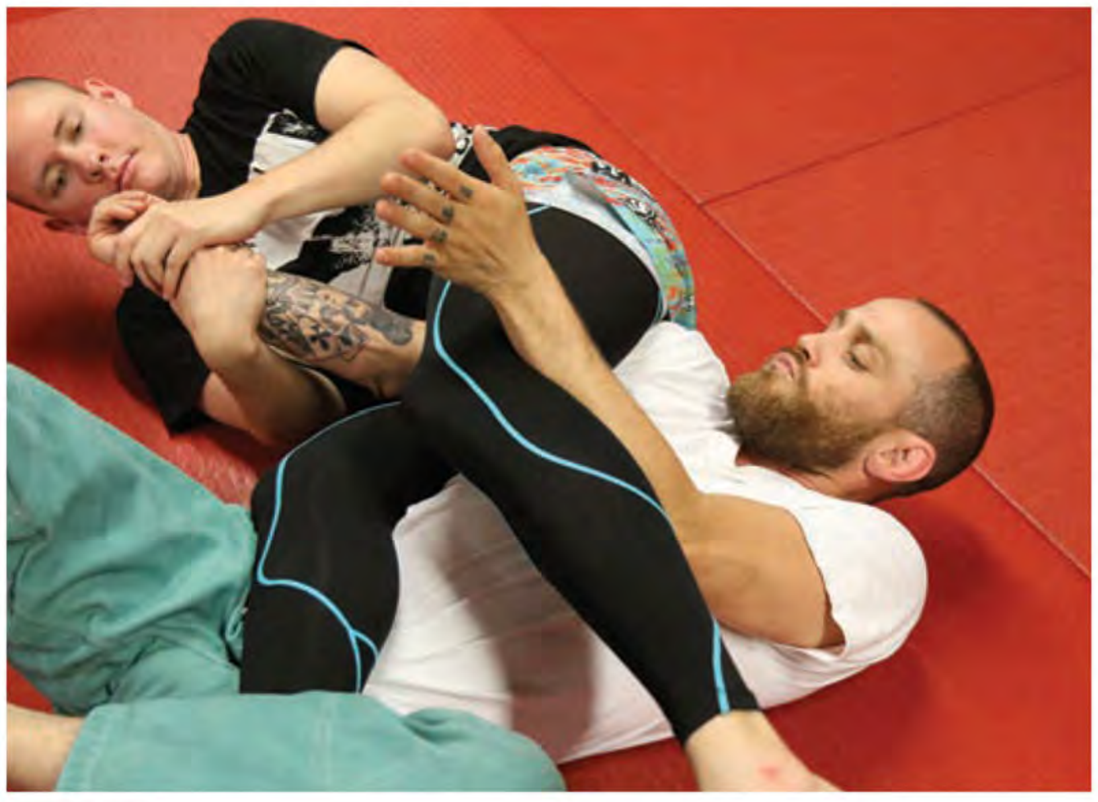
Once the leg is far enough down, Jeff circles his own left leg up and over to trap the leg above the ankle.

STEP 6

When Jeff traps that leg, he has a quarter guard- it might not look like it, but technically that would be the position. With that in place, he can let go of his right leg. If Doug Life goes for the armbar, it will be difficult. Jeff just needs to turn his arm up towards his own head to help avoid the armbar.

STEP 7

Without giving Doug Life too much time to work on that armbar or wristlock, Jeff wants to quickly bring his left hand up towards his head and slide it between himself and Doug Life's left leg near the crook of his knee.



STEP 8

Once the arm is under the leg, Jeff uses his forearm again to push the leg down and away.

STEP 9

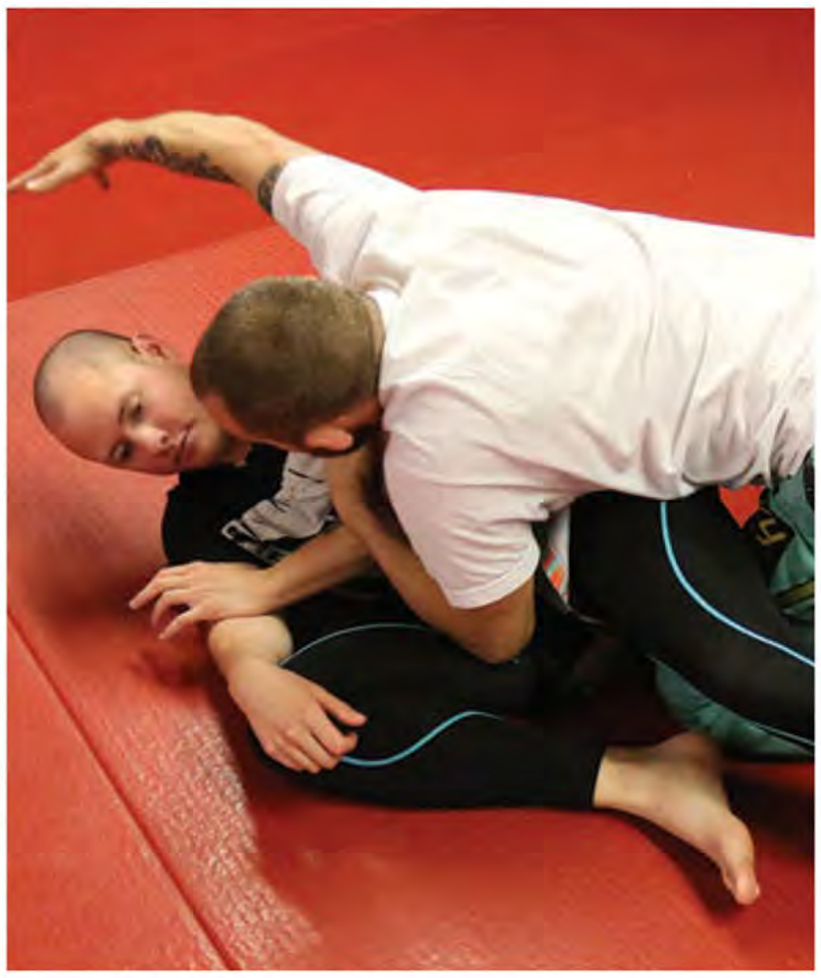
Jeff hip escapes out to his right side to get to his knees while pulling his right arm out from Doug Life's control.

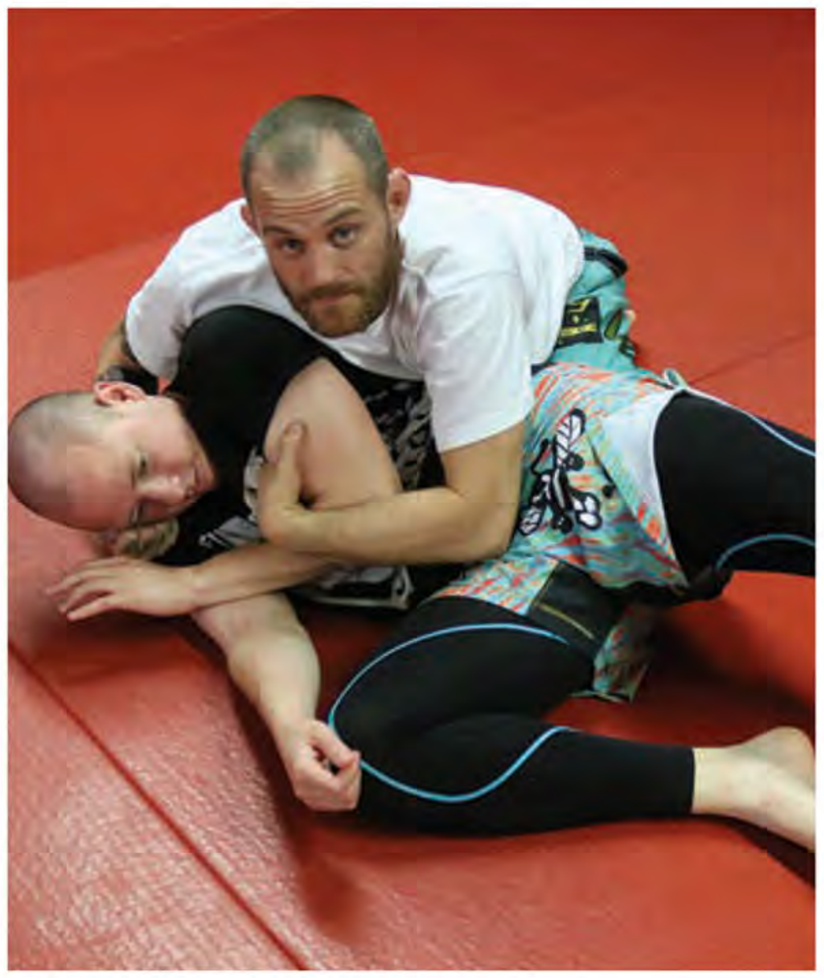
STEP 10

Jeff continues the movement to his side then to his knees. Jeff reaches up for Doug Life's arm to help him get to his knees while not allowing him to get away.

STEP 11

Jeff reaches with his right arm, bringing it up to Doug Life's head, while staying tight against him so that Jeff eventually moves into side control.





To secure the quarter guard, Jeff could also triangle his right leg over his left ankle once he lets go of the leg with his right hand.

RNC NECK CRANK/ CHOKE COUNTER

In gi competition, many might see it as being illegal. I had Jeff perform it on me and an argument could be made that I'm essentially choking myself out with my forearm. However, most people, especially refs, might see it as a neck crank. If a choke is being employed at the same time as a neck crank, it is usually is seen as legal. However this technique would be legal at a submission grappling tournament like NAGA. But let's say you find yourself in an altercation where there are no rules, a street fight for instance, (please do your best to avoid an altercation on the street) this might be a go to move that could save your life.

STEP 1

Doug Life has Jeff in a RNC (Rear Naked Choke), his hooks are in, and he's looking to put Jeff to sleep. The first thing Jeff wants to do is to relieve some pressure on his neck. He takes both hands, one hand on the bicep and one hand on the forearm, and pulls down to relieve pressure against his neck.

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STEP 2

When the pressure gets too tight, Jeff let's go of the arm while bridging himself up and sweeping his arms up around his sides, like a snow angel, to get both hands behind Doug Life's head.

STEP 3

Depending on the position of the head, relative height, and size, Jeff will get the strongest grip he can around the back of Doug Life's head. This could be an S-Grip, interlocked fingers, Gable grip, or just palms on the head. The more secure the grip, the better the odds of finishing.

STEP 4

Once the grip is behind the head, Jeff brings his elbows in and pulls down to get the choke on Doug Life. It's a difficult on for someone to tap to because their hands are tied up and they're being choked- in training or competition, listen carefully for them to tap.

KEY POINTS

Again, this technique could be seen as a neck crank, which is illegal in jiu-jitsu competition and dangerous to your partner. Exercise caution when practicing this technique.

If your opponent fails to tap while you're pulling down on their head, you can fall to their weak side, the side opposite the arm that's under your neck, and circle towards them. This will either force the tap or allow you to escape the RNC.

This technique is high risk. Remember someone has a rear naked choke on you, avoid getting to this point at all costs.

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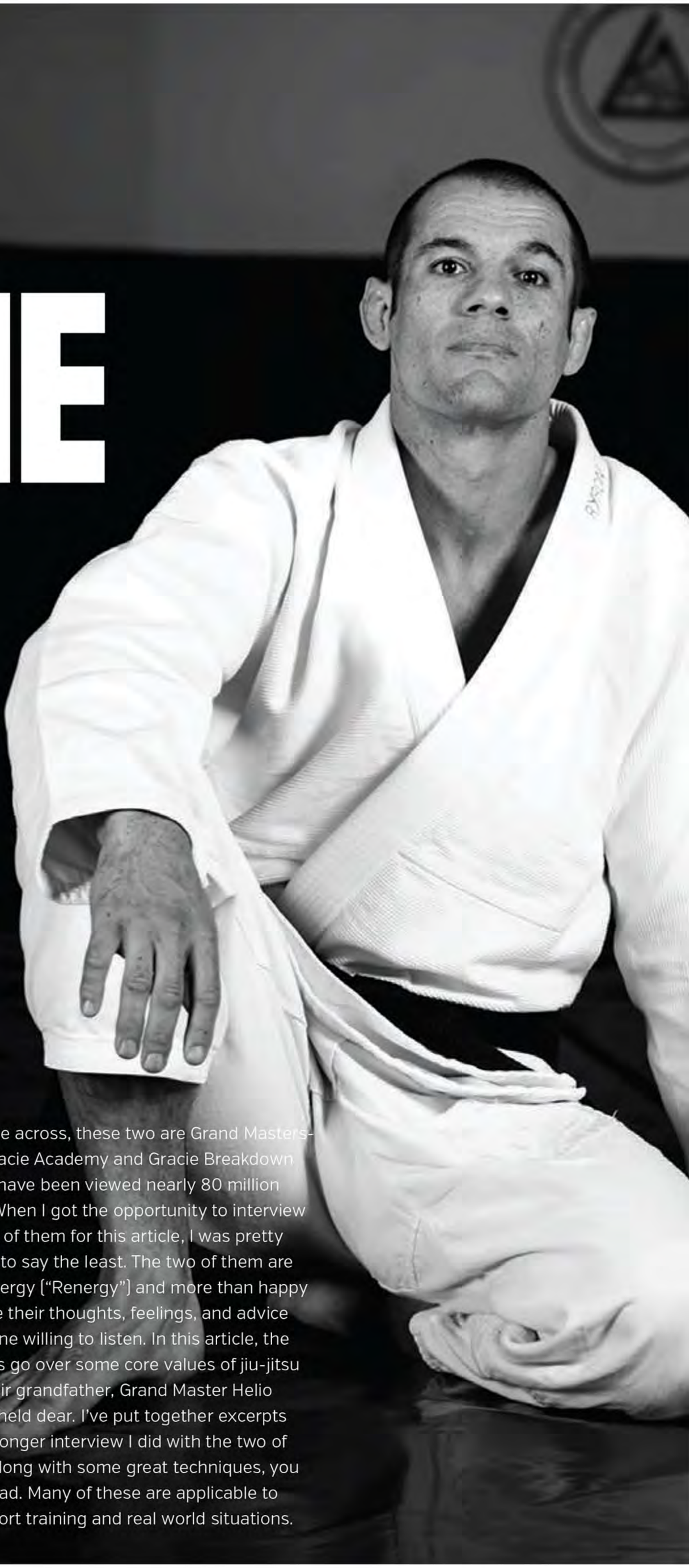
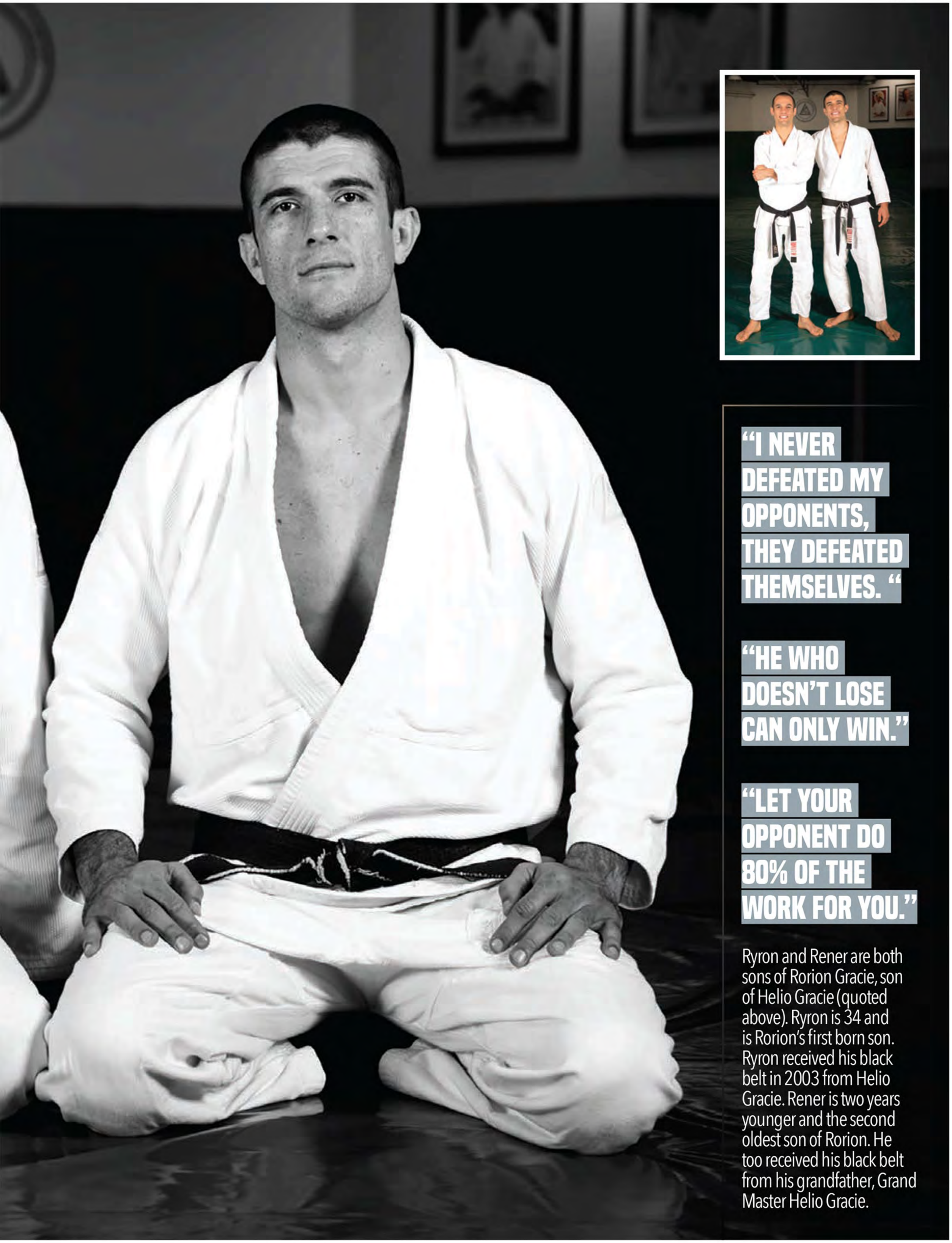
RYRON AND RENER GRACIE

Discuss And Demonstrate Gracie Jiu-Jitsu



THE GRACIE NAME IS KNOWN AROUND THE WORLD FOR BEING THE PIONEERING FAMILY BEHIND BRAZILIAN JIU-JITSU. IN THE EARLY 1900S, IT WAS HELIO AND CARLOS GRACIE WHO PUSHED THE VIRTUES OF THE GENTLE ART TO THE MASSES. Today, Rener and Ryron Gracie are the two most responsible for spreading the words of their grandfather, Grand Master Helio Gracie, to everyone willing to listen. They're responsible for much of the content on their popular website gracieuniversity.com, developing the curriculum for Gracie Academy schools around the world, and training many of the world's top MMA fighters when they want to work on their ground games. When it comes to getting the message across, these two are Grand Masters- their Gracie Academy and Gracie Breakdown Videos have been viewed nearly 80 million times. When I got the opportunity to interview the two of them for this article, I was pretty excited to say the least. The two of them are high-energy ("Renergy") and more than happy to share their thoughts, feelings, and advice to anyone willing to listen. In this article, the brothers go over some core values of jiu-jitsu that their grandfather, Grand Master Helio Gracie, held dear. I've put together excerpts from a longer interview I did with the two of them, along with some great techniques, you must read. Many of these are applicable to both sport training and real world situations.



“I NEVER DEFEATED MY OPPONENTS, THEY DEFEATED THEMSELVES. “

“HE WHO DOESN’T LOSE CAN ONLY WIN.”

“LET YOUR OPPONENT DO 80% OF THE WORK FOR YOU.”

Ryron and Rener are both sons of Rorion Gracie, son of Helio Gracie (quoted above). Ryron is 34 and is Rorion’s first born son. Ryron received his black belt in 2003 from Helio Gracie. Rener is two years younger and the second oldest son of Rorion. He too received his black belt from his grandfather, Grand Master Helio Gracie.

IN THEIR OWN WORDS

JJM: One of the things I was curious about, let's say you demonstrate 100 techniques in a given week or day or whatever. What percentage would you say comes straight from Helio or your father, and what percentage is stuff that you've adapted? Or is it all stuff you've adapted?

Ryron: I would say that everything that we teach, we talk about how it goes through three filters. These three filters, one is does the technique allow natural body movements? Is it energy effici t and is it street applicable? We ask ourselves these questions all the time because we might put two and two together. I'll say, "Rener look at this," and we'll discuss it, and then he'll say, "Yeah, it's great, it's not the most energy effici t." Although it's natural body movements and it could be good in a street fight, it requires a little more energy than we believe this group of people right here should be using today.

Rener: Then we still teach it, we'll just give a disclaimer to our class or to a video. We'll say, "You guys, this is a great move, and we like it for this and this reason, but it is forcing us to be a little bit ... to exert more energy than we like, so therefore, just keep that in mind."

Ryron: If there's something that blatantly disregards the filter, like so many of the techniques that are being evolved today that are purely sport focused. They have no application in a street fight, and they're very ineffici t regarding energy, but they're effective. They're effective at accomplishing the point, or the goal, or the sweep. If we ever explore or dabble in that, we very much tell the students, "This is not something our grandfather would do or could do because he didn't have the ability to do it." We let them know. The majority of what we teach is very much 100% Helio Gracie filter approved. The idea that what were his moves and what were the evolutions is not even a fair question in the sense that there was never a set number of moves for our grandfather.

JJM: What are some examples of something that Helio would have disapproved of?

Ryron: Much of the time when our grandfather would say, "Why are you teaching that?" An example would be if you're in a triangle and want to escape a triangle.That's a number one question for a lot of beginners, "How do you escape a triangle?" If we got caught teaching a triangle escape, our grandfather would walk in and say, "What are you doing? Why are you in the triangle?" Our grandfather was so advanced in his mindset of jiu-jitsu that the idea of being in a triangle and getting out was inconceivable to him.

Rener: How he prioritized not losing over trying to win, it's inconceivable to even be caught there. "We spent so much time, you, my grandsons, my kids, avoiding this position. Why are you even there? If you're there, it's because you did something wrong, he would say.

Ryron: He'd say "Tap, turn over, and go again. It's not even worth getting out, you already lost."

JJM: Does that mean you don't teach triangle defenses?

Rener: Of course we do (laughs). Now, when it comes to winning a medal and securing a sponsorship and winning prize money, that's why you need triangle defenses. We also realize that when it comes to just having a better triangle attack, it's nice to know how people might attempt to defend or how they might even, not even technically, but explosively panic their way out of a triangle just to make you understand and make your offense tighter.

Ryron: To have the best possible triangle chokes, you have to know where every weakness is and every escape opportunity exists. We explore the escape to the triangle, not because we're getting caught in triangles by our advanced partners and getting out. We explore the weaknesses, so that when we catch high-level guys, we know what they're going to do, and we can close the deal nonetheless.

JJM: So, if someone gets caught in a triangle, should they fight to get ou or tap?

Rener: If I get caught in a triangle in here with some brown belt or black belt when I'm just flowing, why fight to escape? Why posture and twist and turn? If you were going to fight at anytime, you should've fought not to get caught versus to get out. That's why our grandfather would say, "Why are you teaching that? Why are you teaching that cross choke escape/armbar get out?" No, you don't get caught in these things, preemptive defense (is) "offensive defense." It was his 100% truth that (that) is the most effici t way. Let's say that someone came in here and got a match and some dry grass and lit it on fire and threw it on top of this carpet bench right here. When would be the best time to put out that fire? Right away! I'd say, "Grand Master, how do you put out the fire of a blazing flame when your whole building is burning?" He's going to say, "What's wrong with you? Where was the fire to begin with?"

At this point in the interview, we got into a long discussion on why some people quit jiu-jitsu, not after earning their blue belt, but after they've progressed to brown and black. The thought of quitting would never cross my mind. But the brothers shared to me that it's more common than you would think. Many times it's people that were strong competitors and were always in the attack, attack, attack mindset during their training. At some point, physiology catches up to you and you're unable to continue with this mindset. The brothers both employ the mindset that their grandfather used until his passing.

Ryron: The four days a week that I roll, I spar as if I'm 80 years old. What does that mean? That means when I roll with somebody and they're in my guard, where is my focus? It's just keeping them in the guard and if it's a day where we're practicing you striking, I'm

not letting myself get punched in the face and keep him in the guard. Use just enough energy to hold him in the guard. If they pass my guard, my goal is not to put them back in the guard. It's to first not get head locked, neck & armlocked, leg locked, punched,so it's strictly putting survival first. Many of the things we talked about and the techniques we demonstrated like the "offensive defense" like the idea of being in the bottom of the mount. Safe hands, that's energy efficie y, and then wait until they mess up, get desperate, or panic, and create an opportunity. This 100% commitment to only taking what they give. That's the 80-year-old Grand Master mindset. He only escaped when you made a blatant error and it was like unbelievably obvious (the escape opportunity) and he would take advantage of it. That is a sustainable training mindset.

Rener: You have to ask the question, like if I had a student of mine who was a blue belt and he was going to fight somebody in the street. If I'm going to give him a piece of advice before getting into a street fight, what am I going to say? I'm going to say, "Listen my friend, number one, keep a good distance. When you get a chance, get ahold of him, stay close, but don't throw any punches out here on the on the wing once you're in. Don't throw any punches, kicks, headbutts, knee strikes, nothing. Matter of fact, don't go for any armlocks, don't go for any chokes, don't go for any submissions." Most people go, "What do you mean don't go for submissions? When you're in a fight or wherever you are, go for a submission". The question is, do you have more control over somebody? Are you less likely to be punched or more likely to be punched? Are you less likely to lose control or more likely to lose control if you are striking or going for submission? The answer is obvious. If you're on the side of somebody or if you're standing trying to grab them, wherever you are, if you're focused on punching and kicking, you're not focused on not getting punched or controlling the position. When it comes to a street fight, I want my blue belt friend to do nothing, just only hold the person down, just hold and stall forever. The only time my friend, my student, should go for a submission is when there's no other option. Eventually, the person that they're fighting will expose their back, or an arm in such a matter that they're saying, "Please armlock me". Exhausted, the arm or the submission will be there to take.

Ryron: When I roll with a purple belt of mine, I don't feel pressured to show him that, "Hey ,you know we're tough around here and we're [a] solid school and tap him out. If it happens to be the day that I'm not in seek and destroy mode, what's going to happen? We're going to roll and it might go a whole five minute round and he didn't get submitted. Why? Because he didn't serve it on a silver platter and I wasn't willing to force it, slash, create the opportunity by working and bombarding him with attacks. By doing that, I feel like I'm able to take very small victories, or actually they're not small. They're quite large. At the end of that day, imagine me at 60 years old rolling with a 24 year old from another country. I'm 50 and 60 years old and I just controlled the fight the whole time, never submitting him. I don't walk away like, "I can't believe it. I didn't attack him." I walk away like, "Well, that was a beautiful day of jiu-jitsu practice." I applied jiu-jitsu to the fullest.

Rener: The problem is the people who are in to seek and destroy cultures, which is very much pervasive throughout the entire jiu-jitsu community where if you're not winning, you're losing. You've got to annihilate. If you're not losing, you're winning. The world is if you're winning, you're losing, so go, go, go, get out, get out, get out, attack, attack, and attack. So, if you're in that culture, let's say you get better, you're like 40 years old. By 50, you're a brown or black belt, you're getting pretty tough but then you turn 55 and then you turn 60. So, like you get older and you can no longer sustain that seek and destroy culture that your school recommends. As a result of not being able to perform at that level, you think you're actually declining on the effectiveness scale and since you're not meeting your expectations or your coach's, what do you do? You quit.

JJM: You guys practice and preach a lot of patience in jiu-jitsu. Is that something you think is lacking for many people?

Ryron: I have side mounted people who are blue belts from other schools, and I have literally experienced them try to escape my side control fifteen times in a row for two minutes straight while I'm doing nothing but holding them down. I'm saying blue belts, but it's been every belt level and I've even had [that happen with] black belts coaching. If you ask me, "What is one of the most saddening things you've ever seen in all jiu-jitsu?" It's when a black belt tells his purple belt student, "Hey, my friend, you have to escape. You have to get out of there because if you don't escape, he's going to tap you out." All I'm thinking is, "Are you joking?" because my whole focus is to hold him down.

Rener: You're telling him to run into the fire.

Ryron: The only way I'm going to tap you out is if you continue trying to escape and you expose yourself.

JJM: Let's say to that blue belt right now that's a sport guy, and you're only focused on sport, what would you recommend he or she begins to incorporate into his or her training?

Ryron: Well, it begins with this: the idea of self-defense. We stress this in our marketing, our discussions, our communication, and educational efforts. The idea of self-defense is very often associated with punches. What Helio was explaining is that self-defense is way beyond punches-self-defense is a way of training that defends you from quitting until you're ninety five years old and you expire. Ultimately, it will allow that blue belt competitor to be more understanding of what jiu-jitsu really has to offer. Even a blue belt competitor who is equipped with the understanding that when he gets side mounted in a competition, if he simply lies still for twenty seconds, the chances of his opponent loosening their grips to begin an attack is much more likely than if they just never stop trying to escape. What we're talking about is everybody needs it. I don't care if you're a brown belt Pan Am World Champion, this will make you better. If you're a forty-five year old who wants to train forever, I'll make you better. If you're somebody who only wants to just train for the rest of your life, it's the only way to go. Now, if they only want to train for four years, chase the medal, six, seven, eight years, then say, "Man, I don't got it" so then fall off, that's a competitive phase. That's one thing. If they want to train for the benefits of jiu-jitsu forever, which most people who love jiu-jitsu want to do and share with their grandkids, if that's the case, the only chance they have is if they stop thinking about what they want, and start behaving based on what their opponent gives them. You do that through patience, preemptive positioning, energy efficie y, and realizing that if you can't do what you're doing now when you're seventy, eighty years old, then what you're doing now is not sustainable. So get fixing it otherwise you're going to fall off.

JJM: This is really great stuff guys. We really appreciate the insight, getting into the head of Grand Master Helio, and his intentions for all of us who train jiu-jitsu.

Rener and Ryron: Thank you for the opportunity. We hope this helps your readers and if they'd like more information about Gracie Jiu-Jitsu, please tell them to check out **gracieuniversity.com.**

We'll have a longer version of this interview available on our website, **jiujitsumag.com**. Search the key words "Gracie Jiu-Jitsu".

THE SNOWPLOW

Whenever you achieve the mount position, your first goal should be to control the position and own it. You're in a good spot. In a tournament, you've gained points, you've put your opponent on offense, and you're relatively safe if you continue to control the position. On the street or in MMA, getting to the mount allows you lots of options- you can rain down blows to soften them up before going for a choke or just continue to strike. Many times when we occupy this position, we feel the need to move onto an attack and rush for the finish. This is not what Grandmaster Helio Gracie would have done. Instead, Helio would have maintained control and been patient until his opponent served up the finish on a silver platter.

STEP 1

Ryron is mounted on Rener. Rener likes to be low on his opponent- hips heavy, low, and in control. Rener's natural reaction is to look for an escape. He might push off with his arms or bump to his side. The entire time, Ryron is waiting for the opportunity to finish or advance.

STEP 2

A common escape from the mount is for the person on the bottom to straddle a leg and get into half-guard. To do this, Rener moves to his left side as Ryron moves to a technical mount. His right foot is there for the taking if Rener wants to move to gain half-guard.

STEP 3

Ryron waits for Rener to make his move. He places his right hand in a position where he can hook it in underneath Rener's right arm.

STEP 4

Rener rolls to his right to get the space necessary to capture Ryron's right foot between his legs. To do to this, he lifts his hips. At this exact time, Ryron strikes with both his right foot going between Rener's legs and puts his foot onto Rener's left thigh to keep him from turning. With his right hand, he's reaching under Rener's right arm to grab the hand by the outside edge.

KEY POINTS

The "doorstop" is super important. If Ryron just uses a normal hook, Rener could bring his left leg forward and continue working towards recovering half-guard. The doorstop is in front and underneath the leg, just like a doorstop.

Keep your left arm away. Don't go for the choke until they turn their head. Bringing attention to that arm being a weapon will draw things out and maybe they won't turn their head.

In the sequence above, the second hook is not necessary for Ryron. However, if his opponent should lift his hips and allow the second hook to be quickly gotten, he might decide to take it.

STEP 5

With the leg through and the hand captured, Ryron continues this motion and drives his hips into Rener. This is a tough spot with Ryron having the ability to put lots of pressure onto Rener.

STEP 6

To maintain the position and continue the pressure, Ryron uses what he calls the "doorstop". This is the bottom of his right foot up against Rener's left thigh. It keeps Rener from escaping and helps Ryron to maintain the control. At the same time, Ryron is able to apply pressure to Rener's right shoulder by simply exerting more weight over Rener's right shoulder.

STEP 7

At this point, Rener's options are limited and he's stuck. He cannot continue to his right side. Instead, he decides to try going the other way. But Ryron's left hand is lying in wait.

STEP 8

As soon as Rener lifts his head to turn to his left, Ryron slides his arm under the neck, grabs Rener's shoulder, and makes it tight by applying pressure to Rener's head with his head. This is a one-armed rear naked choke.

TWISTING ARM CONTROL

Conventional wisdom tells us that when we get to the mount ,we need to take the next step, take the arm, take the choke, and take the submission. Helio would have waited until his opponent, out of frustration, gives him the submission. That idea is on display on this finish. It is also a great example of bait and switch. Rener is going to make it clear to Ryron that he wants his right arm, but instead the true target is his left arm.

STEP 1

Rener is mounted on top of Ryron, he has his hooks under Rener's thighs and is countering any movement to escape. If Rener were to base and push off with his right foot, Rener would use his left hook to pull back on the leg and keep Ryron from adjusting his hips with the same movement for the other side. With Rener in control of the mount, he drops down and wraps his right arm around the back of Ryron's neck for a neck hug, or cross face.

STEP 2

Now, Rener wants that right arm. If Ryron has it tucked tightly, Rener will move to a technical mount for a brief instance so that he can grab the wrist and get his elbow low.

STEP 3

Once he has the wrist in control and his elbow is against his own pelvis, he then uses his own hips to drive the captured arm to the mat. This is a much better alternative than having to muscle that arm to the mat.

STEP 4

Rener stretches that arm out and pins it to the mat. There are a number of submissions he could attempt on that right arm, but that's not the point of this technique. Ryron wants to bring that arm back to a safe place, so he rolls to his right to bring his left hand over to help its brother.

STEP 5

Rener relieves some pressure and allows Ryron to bring his arm across. Once it's across, Rener is on top of Ryron's shoulder, now he puts the pressure back on so that Ryron can't pull his arm back.

STEP 6

Ryron now tries to break Rener's grip of his wrist. As soon as he makes contact with Rener's wrist, he lets go of his grip and feeds Ryron's arm to his own right hand where he grabs Ryron's left wrist with his right hand.

STEP 7

Rener breaks Ryron's grip by angling his arm away then feeding his left hand through Ryron's left arm by the elbow to get a Kimura grip of Ryron's right arm [see Issue 39 for more on the Kimura grip].

FINISHING OPTIONS

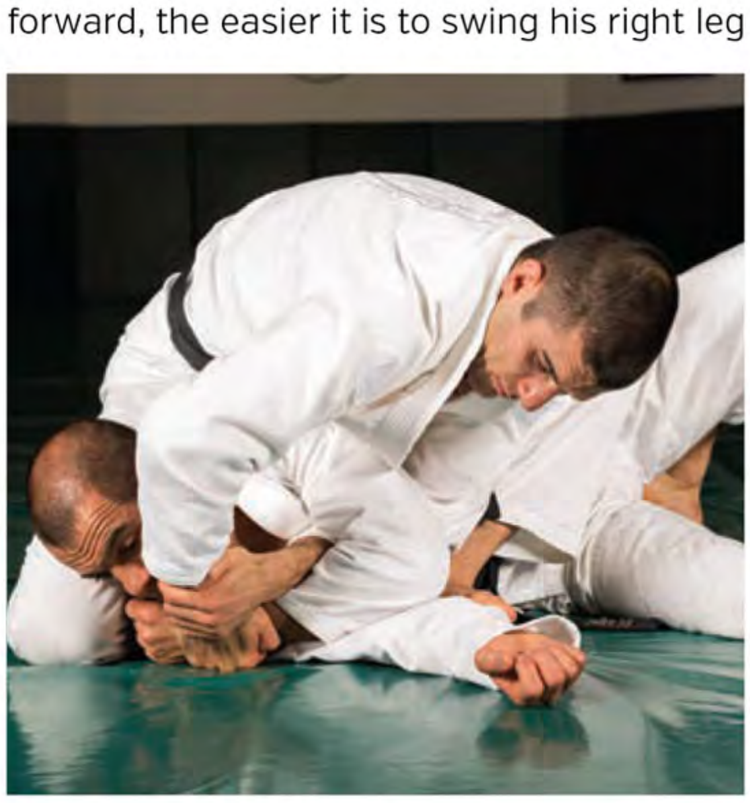
ARMBAR

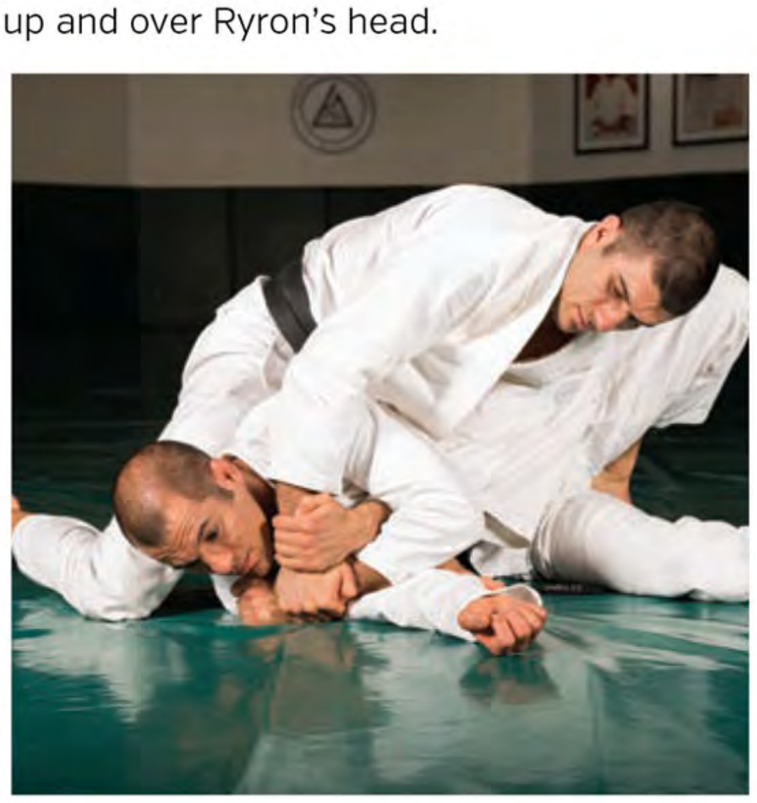
STEP 1

The first option is an armbar. Rener brings his left foot up to Ryron's armpit.

STEP 2

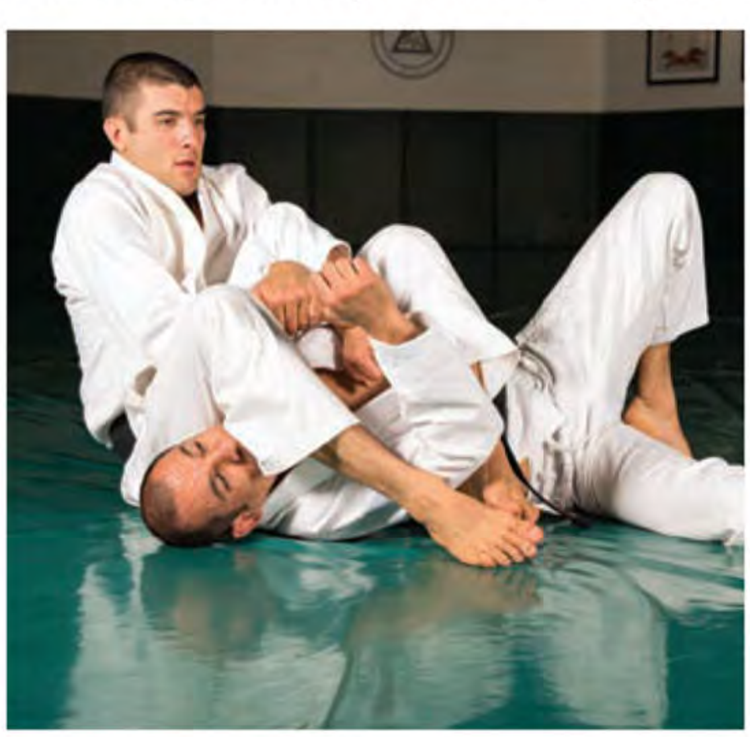
Now Rener leans to his left side- the further he leans to his left and forward, the easier it is to swing his right leg up and over Ryron's head.





STEP 3

From there, Rener captures the arm against his body and sits back to finish the armbar.



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BACK TAKE WITH CHOKE

STEP 1

This is a better option with an opponent who might be expecting the armbar. Rener sits back and then "snaps" Ryron up in between his legs.

STEP 2

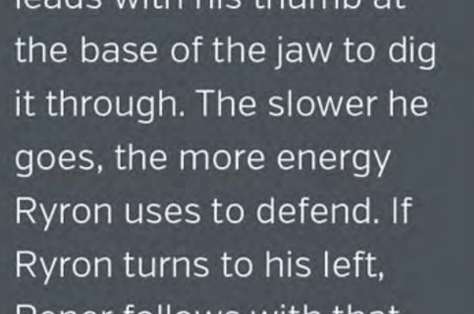
Rener falls all the way back to the weak side, the underhook side, and shoots his left foot across to put his foot on Ryron's right thigh to block it and buy enough time to bring his right leg around and get the second hook in.

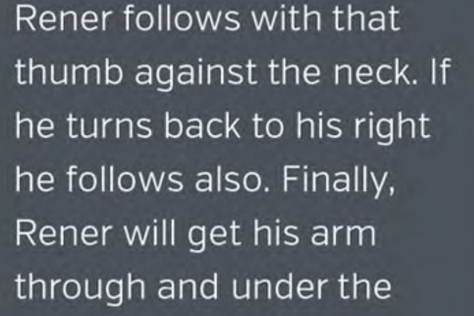
STEP 3

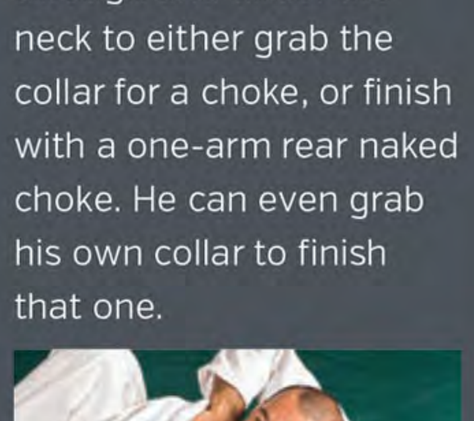
Now, Rener has many options again. Whichever arm Ryron focuses on, Rener goes for the opposite. If he protects the collar, then he goes for that arm, if he protects the arm, he goes for the collar.

KEY POINTS

If Ryron has his chin buried into his chest to defend the choke, Rener leads with his thumb at the base of the jaw to dig it through. The slower he goes, the more energy Ryron uses to defend. If Ryron turns to his left, Rener follows with that thumb against the neck. If he turns back to his right he follows also. Finally, Rener will get his arm through and under the neck to either grab the collar for a choke, or finish with a one-arm rear naked choke. He can even grab his own collar to finish that one.







Like the previous technique, getting the mount is viewed as a victory. Holding and maintaining the mount allows you to wait out your opponent until they offer up the submission for the taking.

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OFFENSIVE DEFENSE

This is an escape from the mount that happens because the person on the bottom uses some patience and frustrates the person on top going for the attack. It's a defense that uses an offensive component to ensure success.

STEP 1

Rener is mounted on Ryron and he wants to attack the neck. He has two options: he can attack from a high posture or a low posture. The low posture is probably more common, especially in no-gi, when there's no collar to grab.

STEP 2

Ryron shadows Rener's arms by blocking his arms with his own forearms. If Rener goes way up high with his arms, Ryron might make a frame by placing his hand on his head to defend the arm from getting behind his neck. If Rener tries to scoop his arm under Ryron's arm, all Ryron has to do is tuck his elbow back to block.

STEP 3

Eventually, Rener sits up out of frustration since going down low isn't working. When he sits up, Ryron turns his attention to the hands and begins to grab at the fingers with all the fingers together. This is legal [the brothers call it "grasping at straws"]. The point of this is to redirect his hands and to know where they are at all times.

STEP 4

At some point, Rener gets one hand into Ryron's collar. When this happens, Ryron turns his attention to the other arm. He grabs the bottom of the triceps at the elbow with one hand and the wrist with the other- both with a C-Clamp grip.

STEP 5

Once Ryron has control of the arm, he'll pull the elbow in towards himself and push the wrist away. This counters Rener's effort to pull that arm away.

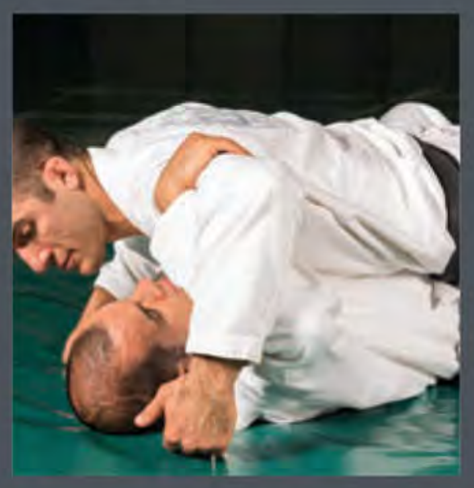
STEP 6

With only one arm to attack the neck, Rener needs to pull that right hand back to help break the grip of the left arm.

STEP 7

As soon as Rener brings that arm back, the door's wide open for Ryron to bump Rener off to his right side with an uppa or bridge to his right. He hangs onto that arm all the way down and reverses the fight into the guard or goes for a pass.

Following the arms in Step Two is also an excellent punch defense from someone trying to throw hooks.



Ryron doesn't attempt to escape until he has the right opening. By doing this, he frustrates his opponent down low so that they sit up. If he were to make attempts to escape while Rener was down low, it would send the message that he's trying to escape and would probably keep Rener in the low position.

PUNCH BLOCK DEFENSE

Jiu-jitsu today, as it's most commonly taught and talked about, doesn't include striking. This is contrary to how jiu-jitsu was developed and intended by Grandmasters Helio and Carlos Sr. Today, the idea of self-defense still lives in Gracie Jiu-Jitsu, and it is one of the main tenants that separates how Rener and Ryron teach. Someone who has practiced jiu-jitsu in any form will have a better chance of survival during a real life altercation than someone with no training; however, the advantage will not be as great as one might think once the rules are torn up and strikes are being thrown. One of the first sequences of techniques taught by Rener and Ryron to beginning students is a punch block sequence from the guard. If you've only trained in the sport jiu-jitsu universe, you could be a black belt and have never trained for this type of situation. Rener and Ryron are going to show us survival techniques for dealing with someone who is looking to do you harm with their fists while they are in your guard.

FUNDAMENTALS

GUARD

It's safe to assume that if anyone with even six months of jiu-jitsu training found themselves on the ground during an altercation, they would find a way to recover guard; especially, against someone with no training at all. If you're training jiu-jitsu, or if you don't, and someone wants to hurt you on the ground and if you can't safely get up, then get to your guard.

DISTANCE

In sport jiu-jitsu, if you're on the bottom and you want to go for an armbar, a collar choke, an omoplata, or almost any offensive technique, your opponent is just within arms reach. In a street fight, or situation where someone is trying to punch you, this is a danger zone- it's absolutely unacceptable! This gives them enough distance to throw punches from every direction and you will be hurting! When we train at this distance every day at class, it's unrealistic to think that during a fight you're going to be able to get a typical attack at this distance while they're trying to bash your face in.

CLINCH STAGE 1

When working on the bottom, the first thing you want to do is break your opponent's posture and bring them in. Use your closed legs to lift your hips up and curl them into you and you up to them.

With your right arm, wrap your hand around the back of their head as deep as you can and bring them close into your body.

Use your left arm to trap their right arm against your body and close the door by bringing them in tight enough with your legs that your forearm and thigh come together to close that escape.

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BLOCKING WITH THE LEGS

What if you're unable to bring them into the clinch, say they're blocking with their hands on your chest, or you had them in the clinch but they managed to escape. If you waste any time fighting to bring them into the clinch they have a shot at getting in some powerful blows. It only takes one to connect and you could be knocked out.

If you find yourself fighting to bring them in you need to quickly make the decision to get them out of your danger zone. Let go of your closed guard and bring your knees together in front of them by bridging with your hips off the ground. This puts them at a distance where they can't reach you with their fists.

Your opponent will continue to attempt to land punches. To do this, they will bring pressure onto your legs. As they throw a strike, block with your arm on that side and curl your body into the opposite side. So, if they're throwing a right cross block with your left hand, bring your hand to your head and curl your body to your right side. As soon as their strike lands, overhook the arm, control the head, and move back into the clinch, or Stage 1.

STAGE 2

Let's say they're in the clinch at Stage 1 and they begin to throw body shots with their fists on the same side as their head. Let go of the clinch and bring your right knee up to block their punch with your shin. Grab the back of their elbow with your hand so their arm is stuck and they can't continue to throw punches.

They're going to try and throw a punch with the other arm. As it becomes free, pull that knee in as well and do the same grab of the arm until both arms are locked up and unable to be used as weapons.

When they pull away, go back to blocking with your legs and push them away with your knees to their chest and your hips off the ground.

If they attempt to throw your legs to the side to get around them, use your legs to hook their body and return to being squared up with your opponent. Rener and Ryron call this “using your chopsticks”.

If your opponent continues to attack and comes into you with pressure, block the punch and curl away to return to Stage 1.

If you have your opponent in the clinch, you never want them to pick you up if they stand. If they managed to do this, they can slam you back down on to the ground. This can be very dangerous for you. So, it’s important to recognize when they’re pulling away from you to stand. If they get to their feet, let go of your guard and push them away with your feet.

If your opponent is leaning into you and still attempting to come in on you, block them with both of your feet on their hips, but ONLY if they’re leaning into you.

If they're not leaning into you, having both of your feet near or on them gives them the ability to grab your ankles and throw them aside to get in a punch.

Pull back one leg if they're not leaning into you. Keep your other foot on their hip. If they throw that leg aside you can bring in your free leg to recover and continue to stay squared to them rather than on your side.

If they get ahold of both ankles, quickly bring one back to break the grip. You can then come back down with it to strike them with your heel like an axe then follow up with an upward kick if they're leaning into you.

If they continue to lean into you, you can't move your legs without relieving the pressure. So in this instance, open your legs and let them fall into you so that you can quickly regain the clinch.

BIG PICTURE

When someone is attacking you, they're attacking you and they're usually go, go, go. They want to hurt you. You must control the clock and let them in or let them out depending on your timing. This element of surprise will help you. You decide when to push them away or when to bring them back in.

You must control the distance, whether it's in tight or far away. Anything but in the danger zone.

In this situation, your priority is not to submit your opponent but to not get kicked, punched, or hurt. By making this your priority, you're allowing your opponent to exhaust themselves. Striking and attacking is very tiring- we've all seen Rocky. After trying to continually attack for a minute, they will be tired to the point where they will become vulnerable enough for you to go in for your attack via submission. If you were to try the same submission within the first 10 seconds, it would be extremely difficul while defending those strikes from a fresh attacker. In a circumstance like this, you must ask yourself, "Am I trying to impose my will or am I trying to neutralize their will?" Your answer should be neutralizing their will. This is something to keep in mind in your normal jiu-jitsu training. If you're doing this, neutralizing their will, you are practicing self-defense to a degree that might be beneficial in a real world situation.

If you ever get in a street fight that is unavoidable with someone much larger, younger, or stronger than you, and if you're able to escape unharmed and get to go home to your family afterward, you win. It was a great day. In order to help ensure you do make it home unharmed, do yourself a favor today and begin to incorporate dealing with punches in your everyday jiu-jitsu. Buy some gloves, put your training partner in your guard, and practice this. Then once a week, do some sparring where you both have gloves and a mouth guard on and practice dealing with punches being thrown. You're not trying to knock each other out but rather just simply trying to expose the vulnerabilities so you can tighten up your defense and make sure you're working on neutralizing their will instead of imposing yours on them. If you want a much more detailed breakdown of this and every other punch protection series, be sure to check out **gracieuniversity.com.**

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SCRAMBLE

STANDARD ISSUE GI

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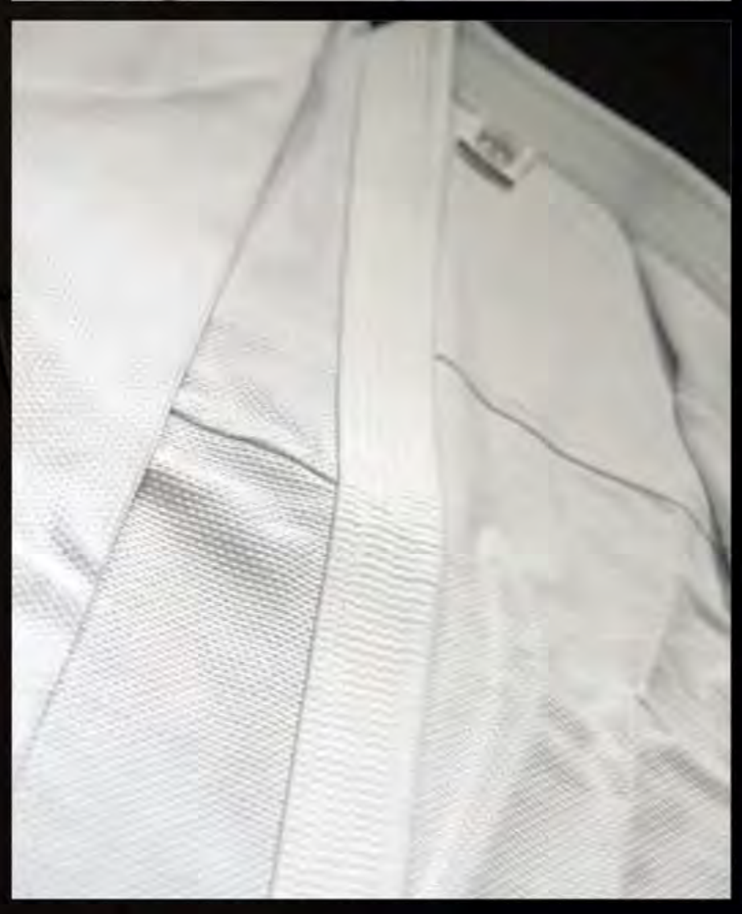
LIKE SO MANY THINGS IN LIFE, YOU WILL HAVE TWO VIEWPOINTS. SOME PEOPLE IN JIU-JITSU PREFER THE MINIMALIST STYLE OF GI, WHILE OTHERS PREFER TO BE PATCHED UP. In order to address the needs of such a variety of consumers, Scramble has come up with a unique approach in the Standard Issue Gi that is semi-customizable. After selecting your size of gi, you can choose from up to eight woven patches that are included in your purchase to decorate your gi as you see fit. This appeases people looking for a simple, high quality gi. At the same time, if you enjoy customizing your gi with patches, this gi lets you do that as well.



THE JACKET

The Standard Issue jacket is nothing fancy and is available in white only. When you open the packaging, you will find just a simple 450GSM pearl weave jacket. There is no interior lining or special stitching. The only patch on the gi is a small Scramble logo on the end of the outside lapel. It's the only piece of flair on the jacket out of the box. I'm a bit of a minimalist myself so I don't mind the unpatched look and actually think it looks pretty sharp. I did want to take this opportunity to get a bit creative, so I added three patches on the jacket- one on the right arm, one on the left shoulde , and a small one on the back.

THE PANTS

Similar to the jacket, the pants are unpatched with the exception of a small Scramble logo that matches the one found on the jacket. I decided to add a small patch on the opposite side but high on the leg so the jacket covers it when closed. The pants are 230GSM cotton ripstop so they will be very lightweight. They're a little bit baggy in the rear, but if you're anything like Mike, you'll appreciate that. I'm also a big fan of the foam drawcord they use. I personally feel they stay tied better compared to using gi material or ripstop as a drawcord.

HOW TO PATCH

YOU WILL NEED...

- A flat surface
- An iron
- Piece of white paper (blank)
- Patch and gi

Turn the iron on. If you have a heat setting on your iron, set it to cotton. Turn off any steam setting.

Place your gi on a flat surface with the patch located where you want it. Have someone hold the gi to prevent it from moving or use something heavy as an anchor.

Place the white piece of paper over the patch to keep the iron from burning your patch and apply pressure with your iron. Keep the pressure for 20-30 seconds. Make sure to push the edges of the patch down.

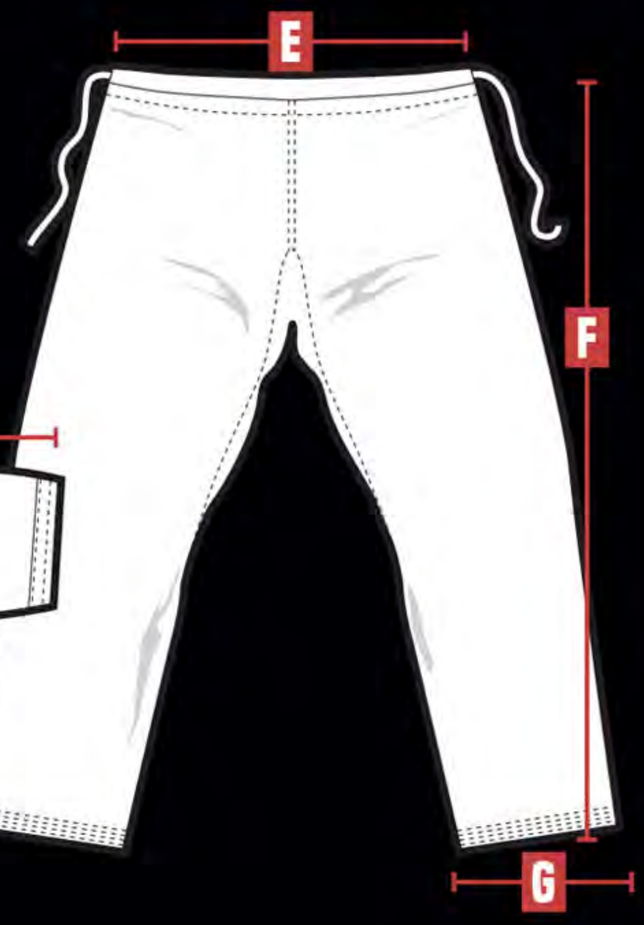
(OPTIONAL) Turn your gi inside out and repeat Step 3. Go back and forth between Steps 3 and 4 until you feel the patch is secure.

NOTE: Scramble recommends you iron on and sew the patches. I would recommend this as well, as the corners of the patches sometimes don't stick as well depending on the placement.

GEAR LAB

FIT AND FEEL

I'm 5'9" tall and walk around at about 170lbs. The A2 fit me pretty well with the exception of the slight bagginess of the pants I mentioned before. The jacket hugs my body well. Any excess space seems to be found around the shoulder area, which is ideal for movement. The gi feels really lightweight and I wouldn't mind competing in it. It's breathable, comfortable, and appears to be well built.



MEASUREMENTS

	BRAND NEW (A2)	AFTER 3 WASHES AT 40° C
A	64.5"	63"
B	33"	33"
C	23"	23"
D	6.5"	6.25"
E	21"	21"
F	38.5"	38"
G	8"	8"

ROLLING IN IT

Sometimes when it comes to getting a feel for a gi it's all in the fit. With Standard Issue that was definitely the case. It really fit me perfectly. Rolling with it felt really good, to the point where you don't even think about it. When something doesn't feel good it reminds you constantly. That was not the case here. I enjoyed how light it was and its ability to let me move to my liking. Although light, the gi still felt durable With time that I had using it I don't foresee any premature wear and tear beyond the normal.

CONCLUSION

A quality gi for less than a $100 is a steal. With all the different personalities in jiu-jitsu, I think being able to customize the patch placement is a very cool idea that caters to a lot of people. Bottom line is that for $89.99, you can't go wrong with this gi. It just might actually be the best value of any gi we've tested. If you roll often, and you like the fit and feel I would recommend picking up a second one. I always like to have an extra gi and belt in my car just in case I decide to train or get challenged to a jiu-jitsu street fight. It's also a great gi to travel with. The pants are ripstop so take up little space, and the jacket is fairly thin thus making it easier to pack.

VERDICT

HIGHLIGHT & SPECS

- Semi Customizable
- 450 GSM Pearl Weave Jacket
- Clean white design
- 230 GSM Cotton Ripstop Pants
- Great Price
- Weights less than 4lbs.

VERDICT

Great value and Customizable.

PERFORMANCE	★★★★★
VALUE	★★★★★
QUALITY	★★★★★
OVERALL	★★★★★

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GEAR LAB

VENUM

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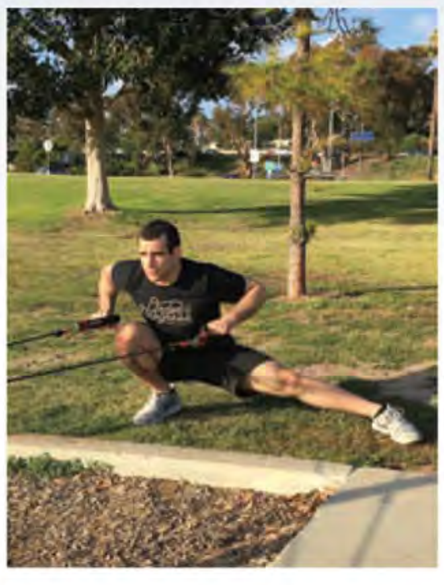
THERE ARE A TON OF OPTIONS OUT THERE WHEN IT COMES TO STRENGTH AND CONDITIONING, AND THERE ARE JUST AS MANY OPINIONS WHEN IT COMES TO WHICH IS THE BEST FOR JIU-JITSU. BUT ONE THING IS KNOWN FOR SURE WHEN IT COMES TO JIU-JITSU, THE ABILITY TO CONTROL ONE'S OWN BODYWEIGHT IS A MUST. We reviewed Venum's new Power Training System (PTS), an all-in-one full body exercise tool that challenges you with your own bodyweight. The system is designed "to help you lose weight, gain muscle, and boost your power" and is mainly a combination of a suspension trainer and resistance bands. If you're looking for an at-home or on-the-road total body exercise tool, the Venum PTS might be a great option for you.

Coach Will's Top Five Grappling Exercises

> REVERSE DE LA RIVA ROW

Assume a low stance as if you are in the Reverse De La Riva guard. Now, squeeze your shoulder blades together, pulling your arms to your chest and row the resistance band, staying in the low position. Complete 15 reps on each leg.



> SUSPENDED PUSH UP

Put both feet through the foot loops and assume a push-up position. Keeping a tight core, descend to the bottom of a push-up and push yourself back to the top. Complete 15 reps.

WHAT IS IT?

You may have seen other suspension systems on the market or in the gym, but the Venum PTS uniquely combines your traditional suspension trainer with resistance bands and various handles for your feet, arms, and legs. The amount of options available to you via the PTS far surpasses those of a traditional trainer and allows you to train from standing, on your back, face down, and a variety of striking positions like kicking, punching, kneeing, and ground-and-pound. To say the least, this system was built for fighters. It can be used for traditional exercises like presses, rows, squats, lunges, and curls, but also for various MMA sport-specific drills to develop technique and build strength and endurance at the same time. All this is available for $199.99 on Venum's website and comes with a 30-day satisfaction guarantee with free shiping.

WHO'S IT FOR?

The system is best suited for those who prefer to workout at home, outdoors in a park, or on the road while traveling. It comes in a small packable bag and can easily be thrown in a backpack or training bag for on-the-go workouts. There may be better options available for building pure strength or muscle, but for an all-around, versatile, full body workout focusing on weight-loss, bodyweight strength and control, and strength endurance, the Venum PTS is a viable option. Users of all fitness levels can benefit from the system as well as exercise progressions and regressions are available to suit anyone's needs.

USING IT

The first thing you'll notice when unpacking the Venum PTS is that there are a lot of parts. As an all-in-one training system, this is understandable as the options are almost limitless. This calls for a more in depth set-up and thorough reading of the instruction manual; however, all of the pieces are numbered, which helps identify parts in the set-up process. The first few

> FULL GUARD ROW

Lie on your back and cross your feet as if you were in the full guard position. Row the handles straight back, driving your elbows next to your ears. Do 20 reps.

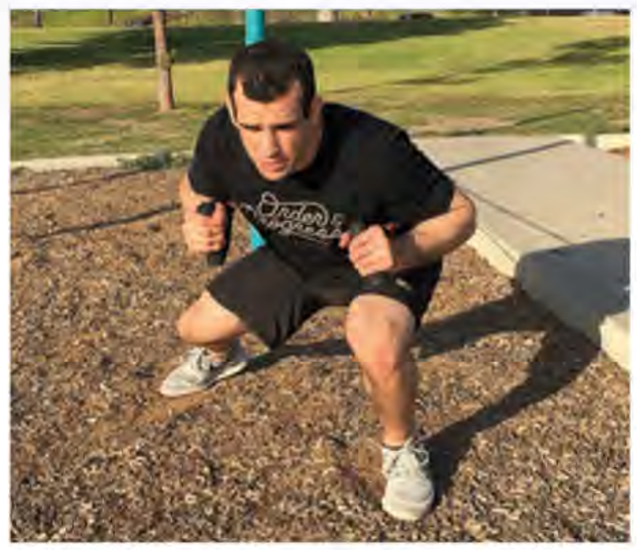
> SUSPENDED SIDE CRUNCH

Put both feet through the foot loops and assume a push-up position. Draw your knees toward the side of you body in an arc, squeezing your core and obliques in the process. Return your feet back to the push up position and continue side-to-side for 20 reps.

GEAR LAB

> RESISTANCE BAND TAKEDOWN SHOTS

Grab the handles of the resistance bands underneath your armpits, facing away from the bands. Staying low, perform a wrestling takedown shot trying to explode through the movement, and continue on both sides for 20 reps.



first few times you use the system, the manual is a must, but over time, you'll be able to setup and make changes on the fly without it.

You'll also immediately notice the quality of the materials in the PTS. The straps are made of heavy duty material and the clips are solid metal. The unit is very well manufactured and seems durable. Although the numerous attachments may be overwhelming at first, the ability to easily and quickly change handles and bands is something you won't find on other suspension trainers.

The instruction manual is thorough and offers a ton of exercise options from different anchor points (high, mid, low), explains how to perform each movement, the purpose of each movement, and even gives a few complete workouts based on goal. There is also a DVD that comes with the system and a quick start video you can download to your phone. There is definitely no lack of information, exercise explanation, or set-up instruction with this tool.

You can get a great total body workout with the PTS, especially in all planes of motion which is something you'll experience on the mats when rolling. The resistance bands, although more aligned with striking, do make for some pretty challenging core workouts. As long as you're creative, you can explore almost endless jiu-jitsu based positions with the various handles and attachments. The attachments are great for options but can get bothersome when you are in the middle of a workout and have to make changes just to do a different exercise you like. You might find yourself doing a series of exercises you like with one set of handles for a few rounds, then rest and change handles or the anchor position, then start on a new set of exercises for a few more rounds to make the best of this issue.

VERDICT

Training gym in a box, great for jiu-jitsu athletes, but even better for MMA training.

PERFORMANCE	★★★½☆
VALUE	★★★★½
QUALITY	★★★★★
OVERALL	★★★★½

CONCLUSION

If you're a jiu-jitsu player who likes to train stand-up or MMA, the Venum PTS will add to your strength & conditioning arsenal. If you only train jiu-jitsu and like to train outdoors or at home, the PTS can give you some great options to supplement your training. Just like the armbar is one tool in your jiu-jitsu arsenal, the PTS is another tool for your workout toolbox. If you like a lot of options in a suspension trainer, the PTS is your pick; however, if you like to keep things simple, this system may be too complex for you. Either way, it's always smart to supplement your jiu-jitsu training with some form of strength and conditioning, so get out there and train!

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ZEN AND THE ART OF GRAPPLING GRIPS

WORDS: **MARSHAL CARPER**

GRIPS MATTER. AS A WHITE BELT, I VASTLY UNDERESTIMATED THE ROLE OF GRIPS. At the time, they seemed like just one step in the sequence of executing a technique. I didn't recognize that grip selection, grip maintenance, and grip fighting were of the utmost strategic importance. If you let your opponent have a dominant grip, your grappling world will soon unravel. If you yourself hesitate to secure and work a dominant grip, you will miss big opportunities

These days, white belts are more apt to pick up the strategic importance of grips, but they remain a facet of jiu-jitsu that is often overlooked in the first few years.

If you can begin to understand what a particular grip means–or perhaps learn to reverse engineer a submission to the grips that ultimately set it up–you can radically accelerate your jiu-jitsu progress. To make your journey easier, we are going to look at some grips concepts that I wish I would have learned much earlier in my career.

DIRECTIONS AND TRADE-OFFS

For pretty much every jiu-jitsu position, there are a number of dominant, advantageous grips that you can potentially select. In general, one dominant grip is not inherently more powerful than another dominant grip. Nearly every grip comes with a built-in advantage and disadvantage, making your grip selection a strategic choice. You are okay with the drawbacks because you really want the benefits.

Here's an example: collar and sleeve grip from guard versus double sleeve control. These are classic closed guard grips, but they result in very different strategies.

COLLAR AND SLEEVE

If you establish this grip, you gain a few key advantages. The collar grip gives you a tool for simultaneously controlling posture and threatening the cross collar choke. With your grips favoring one side, you load up your sweeping strength on that side. The tradeoffs here are that the cross collar grip can be tough to get in the first place; your opponent has one hand free to defend, and your sweeping intentions are largely telegraphed and limited to one side (not completely, but for the most part). If you play a collar and sleeve game, you probably like scissor sweeps, hook sweeps, and cross collar chokes from the bottom and the top.

DOUBLE SLEEVE

The power of double sleeve control is that you can monitor and control both of your opponent's arms, taking away his primary tools for attacking, and securing the pass. Having both arms controlled also means eliminating his posts, so you can potentially sweep to either direction. Without the collar grip though, your opponent will be able to posture much more easily, and getting the power that you need to execute a sweep will take a little bit more legwork. If you play a double sleeve game, you are probably less of a fan of cross collar chokes and more a fan of armbars, omoplatas, spider guard, and other open guard variations.

To be clear, neither of these grip positions are "better" than the other. They are both good at different things (and bad at others). The grips you choose to play will be a matter of preference and strategy. These are incredibly basic examples, but they help to frame our larger conversation about grips. In jiu-jitsu, you are never not using grips, and your grip choice in some seemingly innocuous cases can still be a big deal.

ARMBAR GRIPS

All armbars are not created equal. When you attack with the armbar from the top, the arm you choose to hook your opponent's arm with as you fight for the finish is in itself a strategic decision. Like the closed guard examples we looked at earlier, the particular grip you choose will influence the direction your transitions take, your finishing options, and of course your ability to control the position.

TOP HAND FREE

For the sake of this article, we will call the top hand the hand closest to your opponent's head, meaning that the arm you would have used to hook the leg in spider web is now the one controlling the arm. The popularity of spider web means that many grapplers overlook the potential of this grip. Yes, you forfeit some control, but you now have a free hand to grip fight your way to a submission, and your arm positioning means that you could execute an arm-drag-type motion to take the back if your opponent sits up to escape.

SPIDER WEB

This is a classic armbar finishing position that Eddie Bravo's 10th Planet system helped to popularize. Recognizing that most armbar escapes hinge on your opponent turning or bridging, the spider-web grip incorporates a leg hook. With the leg under control, maintaining the top armbar position is easier, making the overall position more secure. The tradeoff of committing your arm to the leg hook is that your own mobility is also limited; you have to use your legs to break the grip because both of your hands are occupied, and using the armbar threat to continue improving your position is more difficul

TAKEAWAYS

Grip variations in jiu-jitsu are numerous, and we have only just barely scratched the surface of a very large iceberg with this article. Hopefully, these few examples will give you a basic framework for thinking critically about your grips. The more you can evaluate the decisions you make on the mat, the more you can start to see the bigger picture of your game, as well as the connections between techniques and positions.

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OR	Beaverton	Jonn Nishiguchi	541-231-3495
OR	Gresham	Anibal Lobo	503-956-5925
OR	Corvallis	Mike Downing	541-929-5503
OR	Portland	Tom Tegner	503-964-1405
OR	Tigard	Joe Heller	503-360-8692
PA	Altoona	Allen Coble	814-312-3845
PA	Pittsburgh	Sonny Achille	412-531-2122
PA	Pittsburgh	David Wright	412-921-1530
PA	Verona	Joseph Cosentino	724-472-7373
SC	Hilton Head	Ben Rhodes	843-815-5500
SC	Spartanburg	Nathan & Adrian Hayes	864-381-7837
TN	Cleveland	Michael Chastain	423-284-3707
TN	Jamestown	Jared Wells	931-397-7382
TN	Johnson City	Keith Olson	423-926-9161
TN	Kingsport	Joe Booher	423-392-0584
TN	Knoxville	John Hosford	865-951-1392
TN	Knoxville	Earl Dunn	865-680-9493
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TX	Boeme	Constantine Theoharis	203-535-5852
UT	Bringham City	Jason Howard	435-770-5049
UT	Ogden	Mark Johnson	801-920-6500
UT	Park City	Mike Diaz	801-637-6122
UT	Pleasant Grove	Mark Balcer	801-785-0354
UT	Sandy	John Carlquist	801-561-2535
UT	Salt Lake City	Eddie Edmunds	801-414-9852
UT	Salt Lake City	William Bernales	801-463-1727
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VA	Farmville	Jeremiah Bunker	434-607-6530
VA	Lexington	Seweryn Morgiewicz	540-464-7557
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VA	Roanoke	Dennis Hayes	540-345-8609
VA	Herndon	**Pedro Sauer**	703-444-4468
VA	Virginia Beach	Nestor Bayot	757-963-1717
VA	Virginia Beach	Frank Cucci	757-495-7070
WA	Bothell	Bryan Alvarez	425-486-4105
WA	Camas	Mel Locke	360-210-4588
WA	Everett	David Fiedler	425-870-2157
WA	Longview	Robert Slape	360-442-9943
WI	Milwaukee	Jake Klipp	414-737-5315
WI	Milwaukee	Jonathan Friedland	414-248-3595
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Australia, Cleveland		Carlos Bozano Collor	61416961125
Australia, Melbourne		Murat Karadenizli	0401 582 738
Australia, Templestowe		David Krstic	0419 365 970
Brazil, Petropolis, RJ		Breno Angelo	24 2237 4874
Brazil, Sao Paulo		Thiago Bertoni	11 7866 1779
Canada, Foxtrap, NL		Jason Foley	709-834-0895
Canada, St. John's, NL		Alex Foley	709-237-5425
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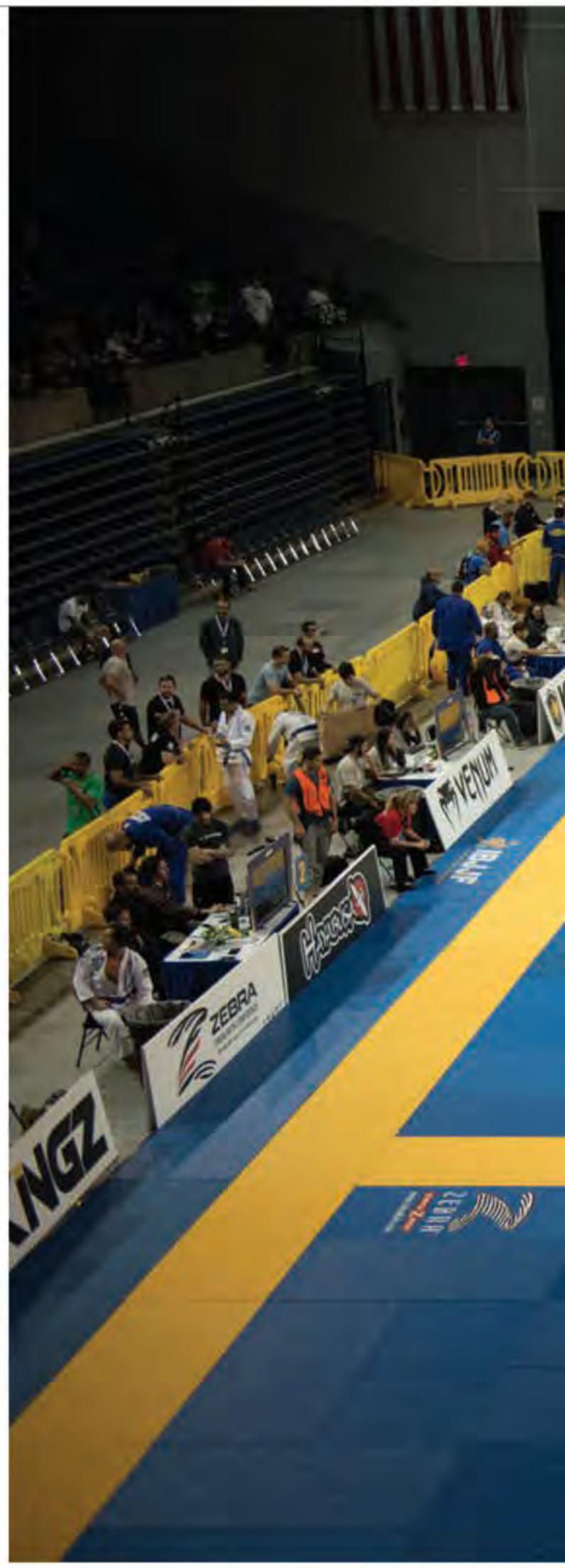
2016 PANS



WORDS & PHOTOS: **PATRICK FLORES**

ONCE AGAIN, COMPETITION SEASON IS UPON US. SOME OF THE BEST JIU-JITSU ATHLETES IN THE WORLD SHOWED UP TO THE BREN EVENT CENTER AT UC IRVINE TO TEST THEIR SKILLS. The Miyao brothers are no strangers to competition jiu-jitsu, and they continue to berimbolo their way to the podium at the Pans. The Miyao brothers were not the only set of jiu-jitsu brothers that made waves. The Ribeiros came, saw, and conquered. Other notable competitors like Leandro Lo and Bernardo Faria competed in the Men's division, while in the female brackets, there was a good turnout of top female competition. What may have been the most surprising, however, was the excitement produced out of the Master divisions this year. Though there were many familiar faces and match ups, this year's Pans did have some notable changes.

A notable addition this year was the penalization of stalling. I saw several matches at this year's Pans give competitors a penalty for remaining in a stalled position. As a spectator I enjoyed this, as more often than not, athletes would turn up the pace. Some negative consequences are the possible disqualification if enough penalties add up. I like how IBJJF addressed the issue of stalling positions as the sport continues to evolve.

There was also a noticeable absence of certain competitors. Injury naturally could be the culprit, but it makes me wonder if a lack of compensation could be one of the many reasons. For some athletes who've already developed a name for themselves, they have less and less reasons nowadays to compete at unpaid tournaments. With the rise of PPV style events and paid tournaments, some jiu-jitsu athletes may not want to risk injury at these types of tournaments. For professional jiu-jitsu athletes who rely on sponsorships, seminars, and paid grappling events, an injury can be financially devastating.

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Rômulo Claudio Barral
Leandro Lo Pereira do Nascimento
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HONORABLE MENTIONS – WATCH OUT BLACK BELT DIVISION

NICHOLAS MEREGALI

This 21-year-old Alliance brown belt caught my eye about a year ago at the 2015 Pans when he was still a purple belt. After winning the Adult Brown Heavy division and Open Division, I'm sure we will be seeing more and more of Meregali in the future. Be sure to keep an eye out for him at the Worlds.

BIANCA BASILIO

If you ever get a chance to watch one of Bianca's matches, please do so. This 20-year-old lightweight from Brazil constantly has exciting matches to watch. After winning double gold in the brown belt division (Lightweight and Open) Bianca is definitely someone to watch out for.

BLACK BELT RESULTS

If people can only come to one day of the Pans to watch, most people will probably tell you to go on Sunday. This is when the majority of the black belt matches are held, including the finals. It's essentially the main card where you will see the highest level competitors show just how good they are.

One very notable competitor this year to make his black belt debut was Edwin Najmi. After winning at the Worlds last year as a brown belt, he was awarded his black belt by his instructor, Romulo Barral, right on the podium. Now as a black belt, I admit that Edwin seemed a bit nervous at first, but he found his groove like any champion would. Most black belt competitors will be well aware of Edwin's perfection of the flying triangle, so the likelyhood of him tossing one up was low but it must have crossed his mind. In what could have easily been a finals bout if the brackets allowed it, Edwin faced Atos' Michael Liera Jr. in a very technical matchup. Edwin refused to give up a takedown late in the fight and eventually took Liera down to win the match. Edwin then faced Francisco Iturralde in the finals, defeating him with a well-applied estimalock.

Our previous month's cover athlete **Leandro Lo** earned gold against **Romulo Barral** in the medium heavy division. Leandro Lo really showcased his masterful understanding of both the top and bottom game the entire day. With excellent balance and great passing timing, his top game seemed unstoppable. While on the bottom, Lo's pass defense was fantastic, denying the likes of Andre Galvão any points on top to continue onto the finals. Unfortunately, Leandro wasn't able to win the desired double gold at this year's pan as he faced Bernardo Faria in the finals of the open class division. Faria (who just so happened to also be featured on the cover of Jiu-Jitsu Magazine a month before Leandro) came out with a gusto and seemed to be a man on a mission. His impressive pressure passing was enough to get him to Leandro's back. Although there was a questionable referee stoppage to pull up Lo's pants during a back-take by Faria, he was able to gain control and secure a choke from the back.

❖ Captions here

❖ Captions here

Alexandre Ribeiro won double gold in the Masters 1 Black Belt Division alongside his brother **Saulo**, who also won double gold in the Master 3 Division. They were definitely a crowd favorite throughout the event. Long time competitor **Wellington "Megaton" Dias** also took home double gold in the Master 5 Division. Gracie Barra's **Flavio Almeida** took home two gold medals as well in the Master 2 Division.

In the Women's Division, some familiar faces such as **Gezary Matuda** and **Mackenzie Dern** earned first place victories. Gezary defeated **Kristina Barlaan** by submission to earn victory. Mackenzie defeated **Karen Borges** by points to win her division but fell short in the open class as she was halted by **Dominyka Obelenyte**. Their match consisted of an exciting exchange of sweeps that ultimately led Dominyka to victory. Although she earned gold in her own division, Dominyka finished 2nd in the open after sustaining an injury in her super heavyweight finals match with **Samela Shohamy**.

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"Somewhere towards the middle of the match I swung my leg over to secure a triangle and heard my knee let out a sharp crack. I yelled out, but thankfully, the referee didn't stop the match. I managed to secure the triangle even though my leg was in pain and I knew if I didn't finish it there was a chance I couldn't hold out until the rest of the match. I ended up finishing with the triangle cho e and started crying immediately after because of the pain. Nobody really understood what had happened, so the paramedics weren't rushed over, but thankfully Samela helped me hop off the mats without further hurting myself and I finally ha the chance to explain what happened."

– Dominyka Obelenyte –

Andresa Correa, who won the gold in the Medium Heavy Division, ended up taking first in the open for a double gold. We'll most likely run into Mackenzie, Andresa, and Dominyka later this year at future tournaments as they continue to seek perfection at every competition.

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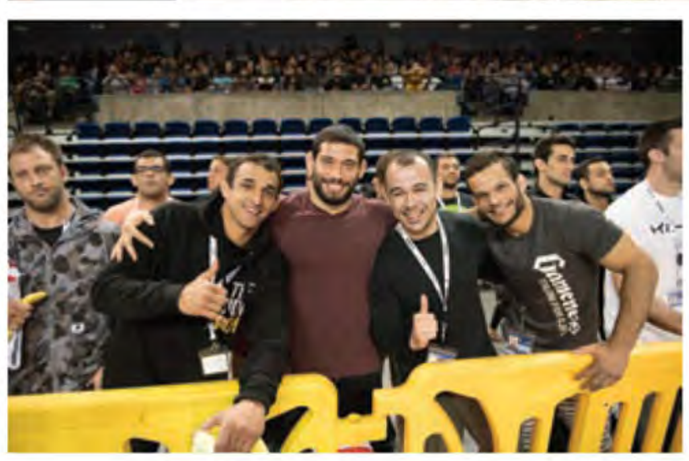

FULL BLACK BELT RESULTS

BLACK / Adult / Female / Light Feather

- First - Gezary Matuda Kubis Bandeira - American Top Team
- Second - Kristina Sofia Puruganan Barlaan - Brasa CTA
- Third - Ariadne de Oliveira - Mestre Wilson Jiu-Jitsu
- Third - Patrícia Maria N. Fontes dos Santos - CheckMat

BLACK / Adult / Female / Feather

- First - Mackenzie Lynne Dern - Gracie Humaita
- Second - Karen Deisy Antunes Girotto Borges – CheckMat
- Third - Vianca J Jager - East Coast United BJJ

BLACK / Adult / Female / Light

- First - Beatriz de Oliveira Mesquita - Gracie Humaita
- Second - Tammi Alana Musumeci - Atos Jiu-Jitsu
- Third - Laurah Elizabeth Hallock - GF Team
- Third - Jena Rae Bishop - Gracie Humaita

BLACK / Adult / Female / Middle

- First - Luiza Monteiro Moura da Costa - Ns Brotherhood
- Second - Michelle Zonato Nicolini - CheckMat
- Third - Amanda Loewen - SBG International (SBGI)
- Third - Rosamond Elin Snow - Easton BJJ

BLACK / Adult / Female / Medium Heavy

- First - Andresa Correa - Alliance
- Second - Leah Roseanne Taylor - SBG International (SBGI)
- Third - Megan Ann Nevill - Alliance
- Third - Leanna M Dittrich - Fight Sports

BLACK / Adult / Female / Heavy

- First - Talita Andrea Nogueira - Ryan Gracie Team
- Second - Fernanda Mazzelli Almeida Maio - Striker JJ
- Third - Charlene Marie Coats - Coalition 95

BLACK / Adult / Female / Super Heavy

- First - Dominyka Obelenyte - Alliance
- Second - Samela Shoham Lopes Leite - Ribeiro Jiu-Jitsu
- Third - Alexis Brooke Du Fresne - CheckMat
- Third - Hillary VanOrnum - Impact Jiu Jitsu

BLACK / Adult / Female / Open Class

- First - Andresa Correa - Alliance
- Second - Dominyka Obelenyte - Alliance
- Third - Mackenzie Lynne Dern - Gracie Humaita

BLACK / Adult / Male / Rooster

- First - Michael Musumeci Jr. - Atos Jiu-Jitsu
- Second - Lucas dos Santos Pinheiro - CheckMat
- Third - Koji Shibamoto - Tri-Force Jiu-Jitsu Academy
- Third - João Pedro Oliveira Rodrigues - CheckMat

BLACK / Adult / Male / Light Feather

- First - João Ricardo Bordignon Miyao - PSLPB Cicero Costha
- Second - Gabriel Afonso dos Santos Moraes - Alliance
- Third - Vitor Peres Paschoal - Brasa CTA
- Third - Hiago George Santos Silva - PSLPB Cicero Costha

BLACK / Adult / Male / Feather

- First - Paulo Henrique Bordignon Miyao - PSLPB Cicero Costha
- Second - Osvaldo Augusto Honorio Moizinho - Ares BJJ
- Third - Bruno Frazatto Xavier C. Barbosa - Atos Jiu-Jitsu Third - Marcio Andre C. Barbosa Junior - Nova União
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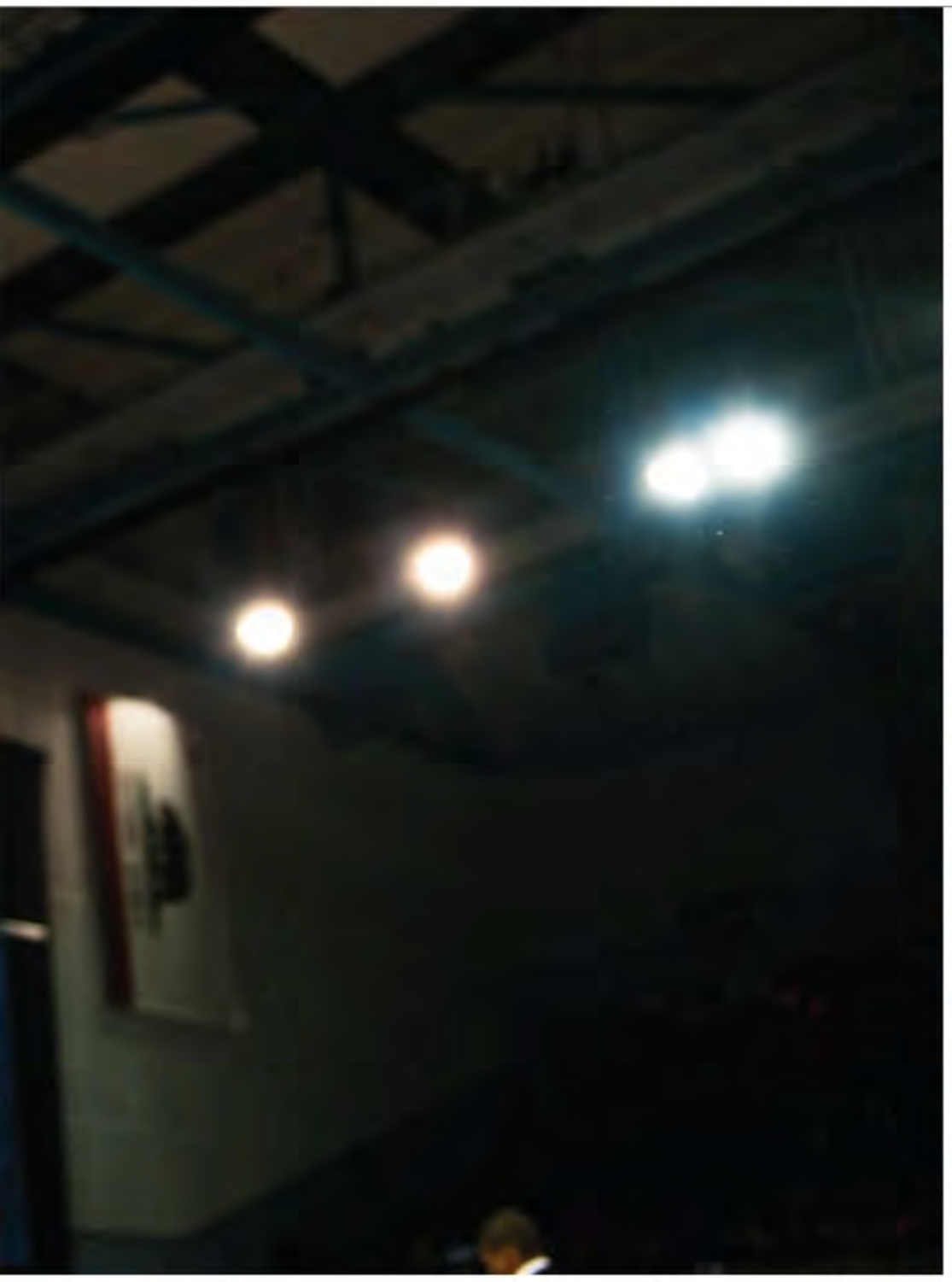

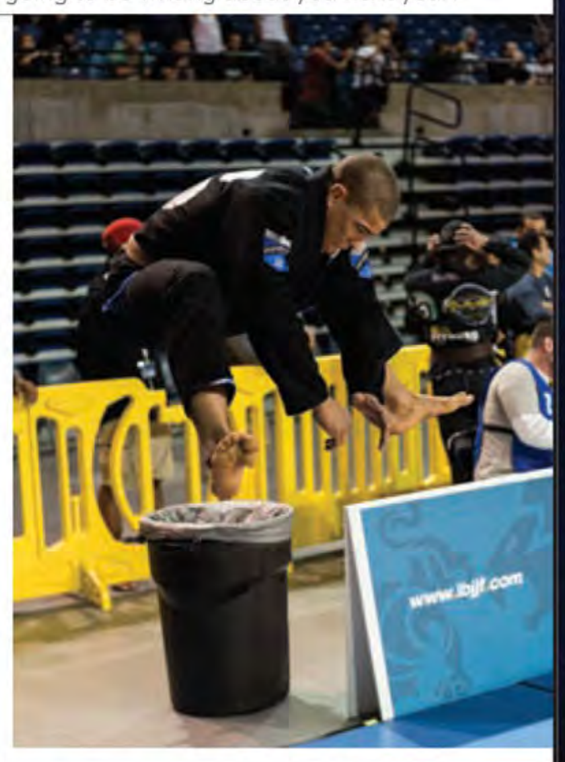

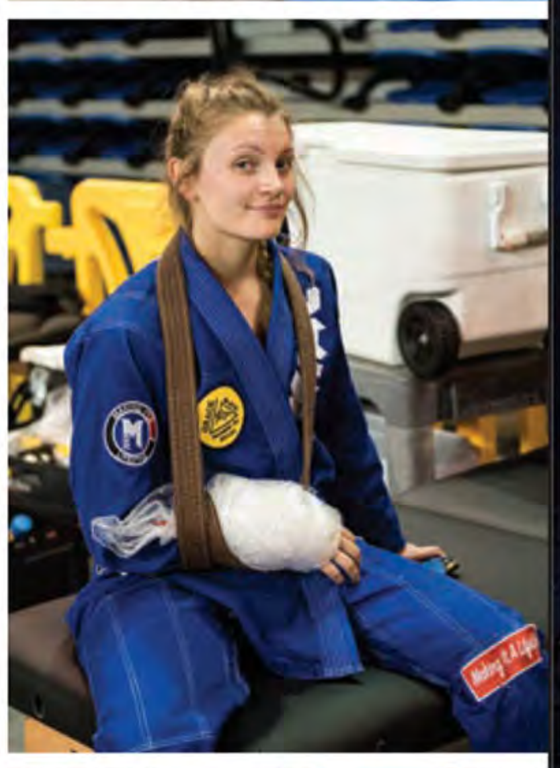

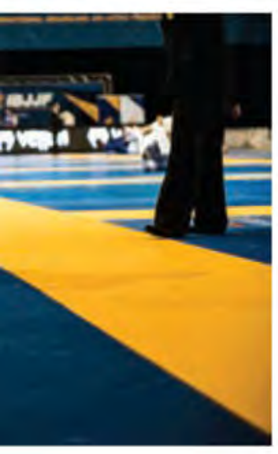

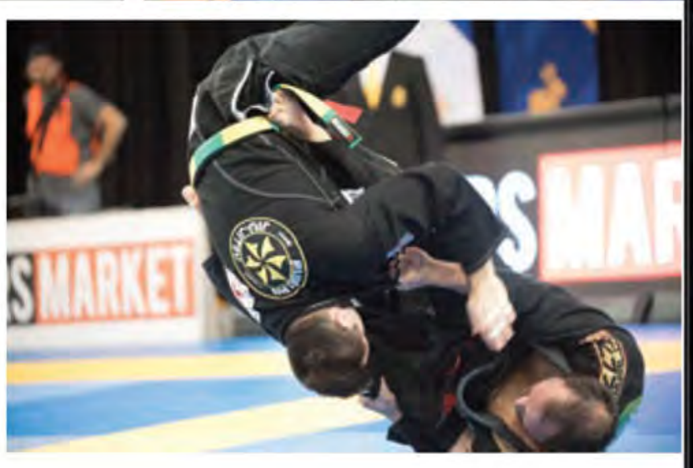

BLACK / Adult / Male / Light

- First - Edwin Najmi - Gracie Barra
- Second - Francisco Antonio Iturralde Lara - Alliance
- Third - Rodrigo Lamounier de Freitas - Rodrigo Freitas Brazilian Jiu-Jitsu
- Third - Gabriel Rollo da Silva Pontes - CheckMat

BLACK / Adult / Male / Middle

- First - Yago Vinicius de Souza - Ns Brotherhood
- Second - Vitor Henrique Silva Oliveira - GF Team
- Third - Otavio Ferreira de Sousa - Gracie Barra
- Third - Jonathan Torres - Atos Jiu-Jitsu

BLACK / Adult / Male / Medium Heavy

- First - Leandro Lo Pereira do Nascimento - Ns Brotherhood
- Second - Rômulo Claudio Barral - Gracie Barra
- Third - Renato Guimaraes Cardoso - Alliance
- Third - Murilo Silva Ferreira de Santana - Barbosa Jiu Jitsu

BLACK / Adult / Male / Heavy

- First - Cássio Francis da Silva - Gracie Barra
- Second - Leonardo Pires Nogueira - Alliance
- Third - Guilherme Augusto Soares Santos - Alliance International
- Third - Diego da Silveira Herzog - Diego Herzog BJJ

BLACK / Adult / Male / Super Heavy

- First - Luiz Fernando de Azevedo Panza - CheckMat
- Second - Alexandro Ceconi de Souza - Ceconi Team
- Third - Vitor Fabio Martins Toledo - Atos Jiu-Jitsu
- Third - Yuri Costa Simões M. da Silva - Brasa CTA

BLACK / Adult / Male / Ultra Heavy

- First - Andre Luiz Leite Galvão - Atos Jiu-Jitsu
- Second - Joseph Moku Kahawai Jr. - Atos Jiu-Jitsu
- Third - Dany Guy Steve Gerard - Atos JJ USA
- Third - Igor Gregório Schneider - Ns Brotherhood

BLACK / Adult / Male / Open Class

- First - Bernardo Augusto Rocha de Faria - Alliance
- Second - Leandro Lo Pereira do Nascimento - Ns Brotherhood
- Third - Andre Luiz Leite Galvão - Atos Jiu-Jitsu
- Third - Timothy-Michael Spriggs - Team Lloyd Irvin

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HOW WE LEARN JIU-JITSU

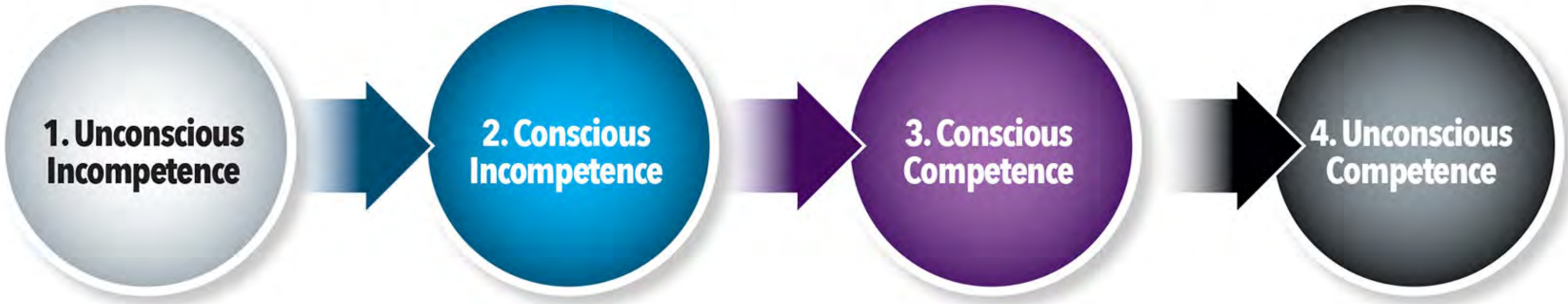
WORDS: **DR. MARK DEARING**

WE'VE ALL BEEN THERE AS WHITE OR BLUE BELTS IN A DOJO TRAINING NEXT TO HIGHER BELTS EXECUTING SEAMLESSLY FLAWLESS MOVES ALMOST WITHOUT THINKING OR APPEARING TO THINK. ALL THE WHILE YOU'RE JUST TRYING TO MENTALLY PIECE TOGETHER BASIC MOVES SHOWN OVER THE PAST FEW WEEKS. Moreover, as you attempt to access knowledge from the practitioner in question, his or her typical responses range from abbreviated answers to water-downed explanations of what was executed. Add to this the research-proven "expertise-effect", which further complicates mastery learning orientations.

ELEMENTS OF MASTERY LEARNING

The aforementioned scenario is an example of the research-proven "expertise-effect" which proves significant differences in the processing of thought patterns between novice learners and expert learners. The learning gap between advanced [purple, brown and black] belt students in comparison to white and blue belt students creates what is called "expert blind spot" of automaticity. Simply put, students who have trained for thousands of hours in developing their jiu-jitsu have begun to develop a process of automatic thoughts, actions, and behaviors.

Expert practitioners in any field have gone through a process that can be defined as "the stages in the development of mastery." These stages are a prerequisite to advancing from novice to expert. They include: **(1)** unconscious incompetence, **(2)** conscious incompetence, **(3)** conscious competence, and **(4)** unconscious competence.



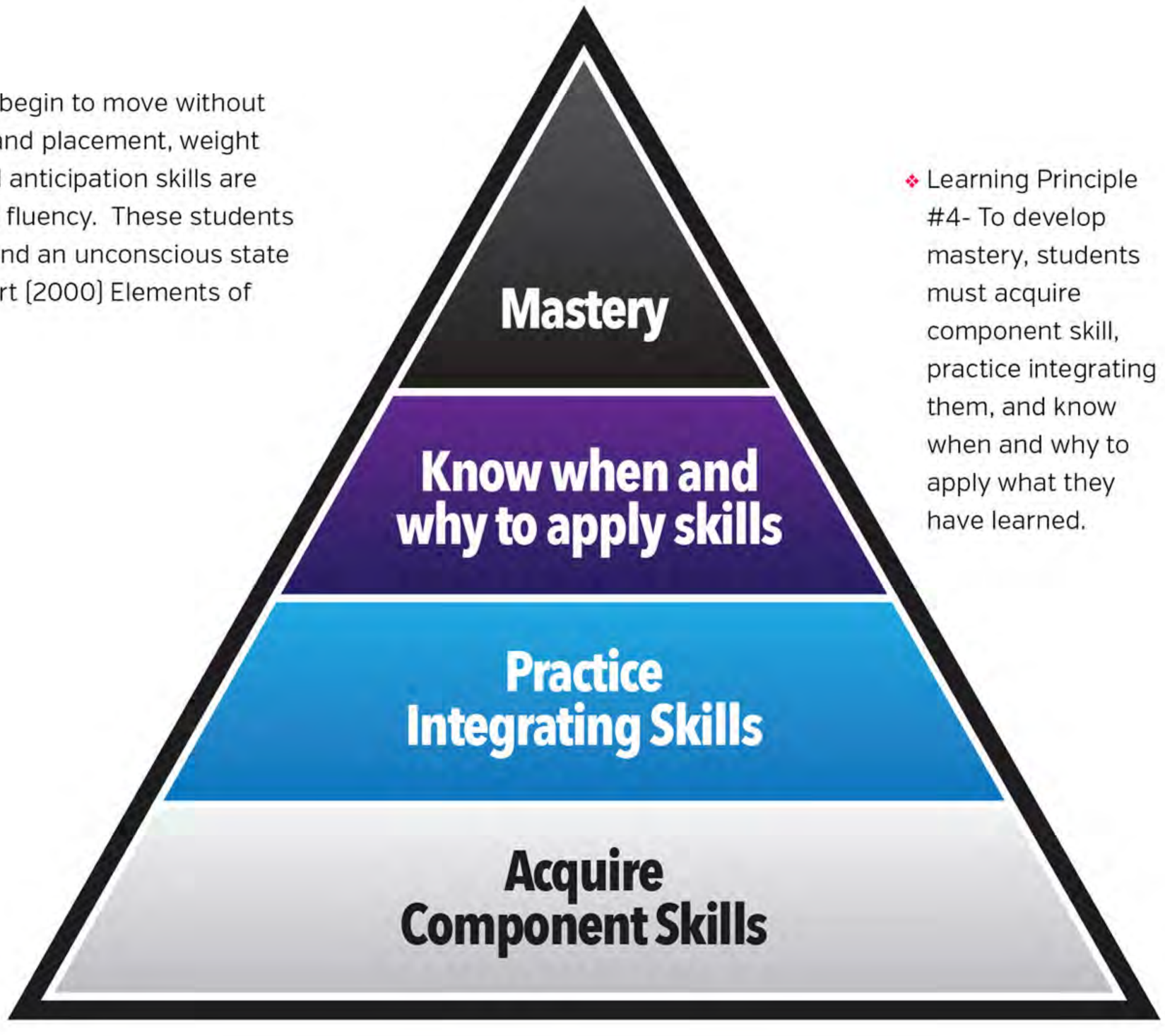
MASTERY

Within stage one, novice learners are unaware of what skills they need to advance to the next stage. Their ability to access prior knowledge is limited as is their ability to develop mental representations [schemas] and categories to organize their knowledge acquisition. In stage two, students [white belts] begin to develop knowledge banks and basic schema representations suffici t enough to transition to conscious incompetence.

In stage three, novice students have transitioned to intermediate levels of proficiency and have become acutely aware of what they don't know and consequently, what they need to begin working towards. Intermediate learners now shift to a state of conscious competence as their knowledge bank and schemas become more advanced. Their ability to recognize techniques and moves start to become partially automated. Typically, this is the point when students are generally promoted to blue belt [1-2 years on average]. This is a critically important time, as the intermediate student begins to develop learning expectations and perceptions of self-concepts regarding his or her game.

In stage four, intermediate students begin to move without conscious thinking. For example, hand placement, weight distribution, schema acquisition, and anticipation skills are executed with greater efficie y and fluency. These students have entered the realm of mastery and an unconscious state of competence by Sprague and Stuart (2000) Elements of Mastery.

The steps in developing the elements of mastery begin with developing component skills. The easiest way to visualize this process is to consider the act of driving a car.



- Learning Principle #4- To develop mastery, students must acquire component skill, practice integrating them, and know when and why to apply what they have learned.

When a new driver begins, every action is sequenced with considerable forethought placed on the individual movements and prerequisite steps. As new drivers develops road time and hours behind the wheel, they begin to take shortcuts within their driving regimen. These "shortcuts," are a byproduct of their increase of driving hours, exposure to various driving experiences and environments, and confidence in their own ability.

Higher-level practitioners in jiu-jitsu, particularly brown and black belts, develop these same characteristics within their game. Their expertise and subsequent automaticity develops within them the inability to accurately define the necessary component skills novice learners need to develop schemas and knowledge banks. It essentially equates to the scenario of a professional athlete who leaves their profession and returns to it as a coach. Some experience unsuccessful coaching even though they were superstar players themselves.

Effective strategies for professors and instructors to overcome the expert effect are: (1) understanding complex techniques or movements, (2) practicing specific skills related to broader techniques or movements, (3) providing specific and targeted feedback to the group as a whole but also to individuals in private so as to increase understanding yet avoiding peer comparisons as much as possible. With respect to strategy (2) it is important to note that there are benefits to practicing component skills in isolation, as it directs the practitioners' attention to the specific skill in question. Once the specific component skill has been mastered, the integration of the entire technique can be facilitated with greater fluency.

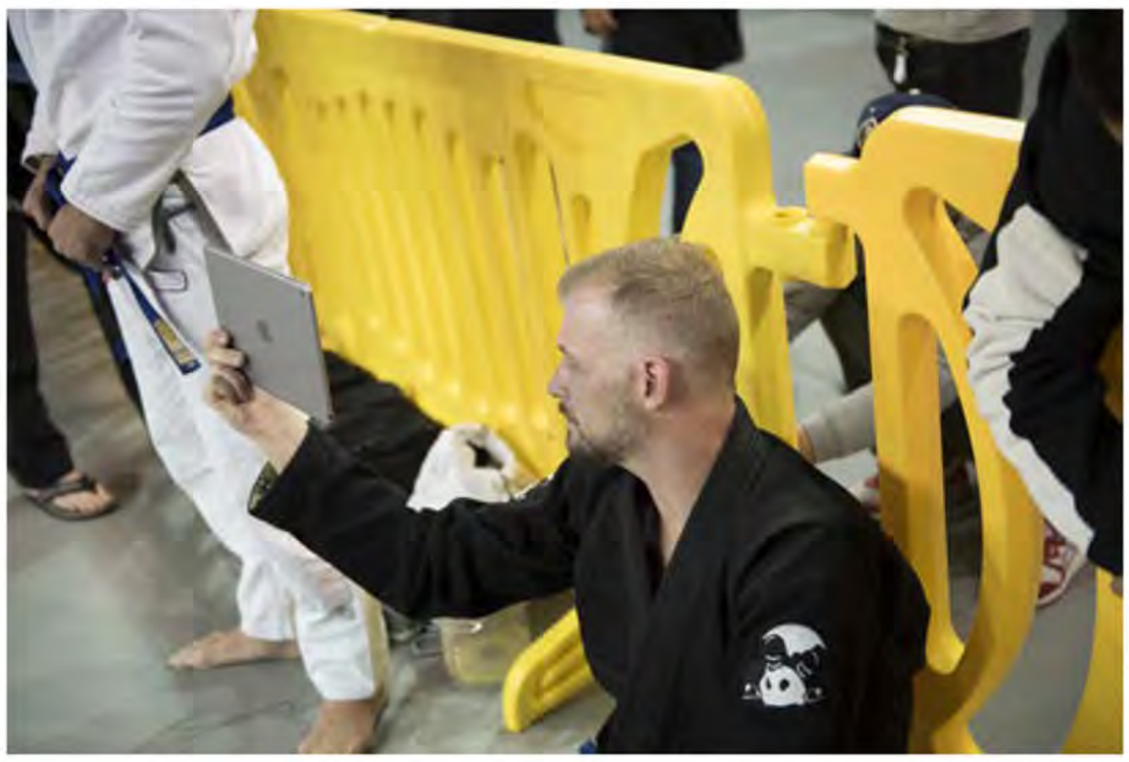
In understanding the basics of mastery learning, professors, instructors, coaches, and academy business owners need to identify their particular dojo's climate and culture for students who compete in tournaments and those who train jiu-jitsu for other reasons. As a competitor myself, I recognize the additive value competition and tournaments provide. There are pathways along our journey in jiu-jitsu that we must decide will benefit us. As a business model, a daily climate where all practitioners have access to instructional teaching and learning aligned together as well as creating a culture of value for all members, is of equal importance.

MASTERY VERSUS PERFORMANCE GOALS

A mastery goals orientation involves a focus of mastery tasks aligned with individual goals that can range from personal, professional, academic, social, etc. Students within this mindset are concerned with self-improvement related to strengthening existing skills and developing new ones. They're not concerned with their performance as measured by others.

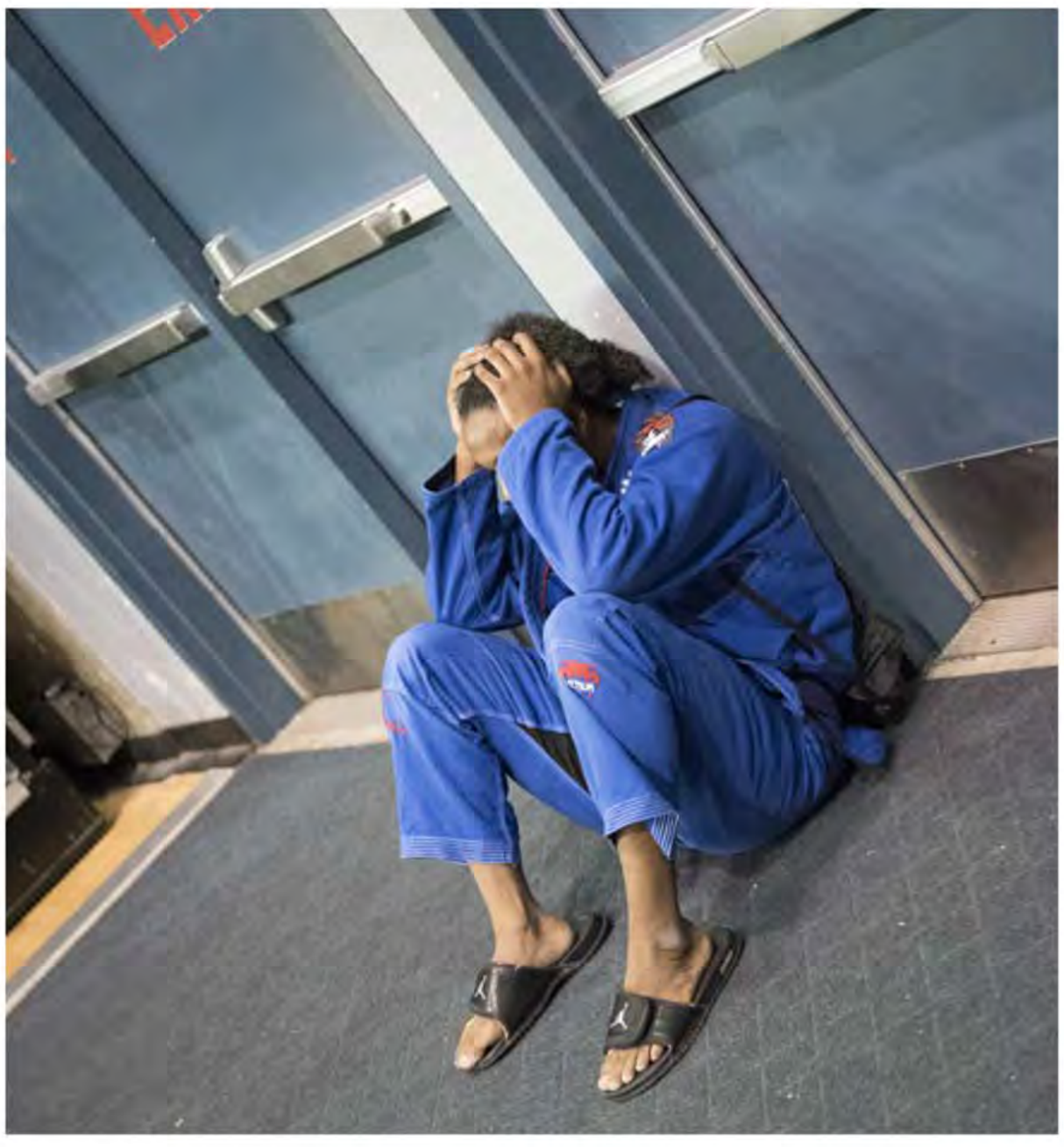
In contrast, performance oriented students value competition and performance relative to their peers. There are concerned with how their performance will be evaluated in relationship to peers. These students do not want to underachieve and view mistakes in learning outcomes as underperforming. They place great value as being seen as high ability and as such seek public appraisal for high performance outcomes.

As mentioned before, both these groups exist in jiu-jitsu academies and dojos across the world, just as these same two orientations have and will continue to be present in classrooms and boardrooms throughout the world. The ability for practitioners, as well as academy managers, owners, and professors to understand this reality and structure their schools accordingly ultimately affects the type of school and learning environment for students. Preparing for both groups will provide a lasting benefit for all.



Strategies for Developing Mastery Goal Orientations Include:

- Creating and assessing learning goals that emphasize self-improvement outcomes.
- Adopting a mindset that embraces errors and mistakes as part of a natural learning process.
- Ability is viewed as increased through effort
- Success viewed as improvement and progress goals are met.
- Approach learning opportunities from an intrinsic focus and tasked involved.
- Avoid ability judgments relative to others, [performance orientation].
- Avoid beliefs that failure in performance is related to lack of ability.
- Avoid fixed mindset about learning outcome potentials are fixed [entity] versus you can get smarter and learn more [incremental].
- Whenever possible, match students with their relative peers in both belt rank and experience to reduce the expertise effect.



COGNITIVE LOAD THEORY

Moving forward with learning principle # 4 (To develop mastery, students must acquire component skills, practice integrating them, and know when to apply what they have learned). I mentioned previously the importance of "unpacking" complex techniques and practicing in isolation individual component skills before re-integrating these sub-skills back into the whole technique. The learning theory that becomes critically important is defined as: Cognitive Load Theory.

The ultimate goal of learning is to produce what is called learning transfer (more on that in a future article). And so to do this, information we as learners take in is initially encoded through with prior knowledge. As practitioners, we learn in the dojo and co-construct knowledge with our peers in a socio-cultural setting. Individually speaking, however, how and to what degree we do this is shaped by our previous learning experiences. So the techniques we have within our knowledge bank and the manner in which we have constructed our learning representations (schemas) is important in how we process new ideas and information through working-memory to be stored ideally into long-term memory.

This theory suggests that learning takes place under conditions and teaching methods that are aligned to the human cognitive architecture, and that utilizing research based on the information processing system, working memory is limited in the amount of items it can contain simultaneously. In relationship to jiu-jitsu, this suggests that professors or instructors delivering instructional methods should account for this limited capacity within both their students as well as themselves prior to creating a lesson and demonstrating a move or technique. Additionally, these CLT principles would need to be aligned to any assessments created and given to students to measure learning and performance goals/outcomes.

A common error I've seen on numerous occasions based on CLT principles is the demonstration of a particular move or technique and articulating extraneous details as you repeat the move several times. I've seen this done throughout many dojos and prior to learning this principle three years ago repeated the same mistake.

The difference between an expert and a novice is that a novice hasn't acquired the schemas and knowledge bank of an expert. Because learning is both a change and a product, it requires a change in the schematic structures of long term-memory and is demonstrated by performance that progresses from error-laden, slow and ineffici t to smooth, fluent and effortless. As the learner becomes more familiar with the learning objective (technique, move etc.), a change in performance occurs due to cognitive characteristics associated with the learning material being altered so that it can be handled more effici tly by working memory.

Strategies for reducing the effect of cognitive load include:

- Chunking techniques and/or movements into smaller component skills.
- Re-integrating those sub-skills back into the whole movement after mastering the base-level skill.
- Providing a "worked-example," so as to reduce the demand on practitioners' cognitive processing capabilities.
- Limit the amount of movements shown to no more than seven.
- Understand each students' level of prior knowledge and provide opportunities within the learning environment for them to access their individual and collective prior knowledge to reduce cognitive load and further learning outcomes.

Finally, let me conclude the article by briefly pointing out the scientific research behind assessments. Typically, jiu-jitsu students are not assessed formally or with research-based methods. Most academies and dojos across the world instead rely on the rote memorization typically utilized in schools and even other martial arts. Although drill and practice is an integral part of jiu-jitsu schools everywhere, all of us as practitioners and professors must understand that the rote memorization element often associated with drill and practice isn't the most effective approach to mastery learning. And therefore, rubrics must be created-aligned and implemented that goes beyond mere storage of data in the brain.

Assessments should be utilized that understand how learners learn and that require increasingly more challenging skills. Using Anderson and Krathwohl's Taxonomy table for learning, teaching, and assessing below is an extremely effective framework for assessing teaching and learning objectives and performance outcomes:

The Knowledge Dimension	THE COGNITIVE PROCESS DIMENSION					
	1. Remember	2. Understand	3. Apply	4. Analyze	5. Evaluate	6. Create
0. Factual Knowledge: [Jiu-jitsu is a sport/ lifestyle practiced throughout the world].						
B. Conceptual Knowledge: [Jiu-jitsu principles can be applied to gi and no-gi situations].						
C. Procedural Knowledge: In jiu-jitsu every attack or counter follows established principles.						
D. Metacognitive Knowledge: "I am/am not good at a particular technique."						

The aforementioned table is a worked example I provided as one of the many measures I have utilized to design, align and implement instructional objectives and measure performance outcomes. It takes a significant amount of time and reading to understand the principles behind the taxonomy table however, once you begin to use it, its additive value will become readily apparent. Just as the enhancement of learning transfer outcomes will explode!!!

CONCLUSION

I have shared just a few of the learning and motivational principles aligned to current research based outcomes that should be considered when: developing, teaching and assessing instructional objectives and performance outcomes. All of us within the community of Brazilian Jiu-jitsu thrive on the benefits the practice of the gentle art bestows upon us. Better understanding of universal learning and motivational principles will not only enhance teaching and learning outcomes but also create added meaning and personal growth potential as we develop mastery learning orientations.

About

DR. MARK DEARING

Is a black belt under Marcelo Carvalho and has a doctorate degree with an emphasis on educational psychology from USC. He's avaiable to help in structors develop a scientific approach towards learning. dearingconsulting1@gmail.com

ATHLETIC AILMENTS

WORDS:**MATT CORLEY**

AS FRUSTRATING AS IT IS, ACCIDENTS, INJURIES, AND ILLNESSES HAPPEN. UNDERSTANDING THE BASICS OF THE CONDITION WILL ALLOW YOU TO AVOID IT AS MUCH AS POSSIBLE, MAKE AN EDUCATED DECISION ON TREATMENT, AND GET YOU BACK ON THE MAT IN AN APPROPRIATE AMOUNT OF TIME. In the case of cold sores, you're also being a good teammate by not unnecessarily exposing your friends to a highly contagious virus. Last but not least, no one likes to talk about hemorrhoids. And I can't blame you one bit, but if you ever develop them, you're going to be happy that you read that section. And you won't have to tell anyone else what you're dealing with.

DISCLAIMER:

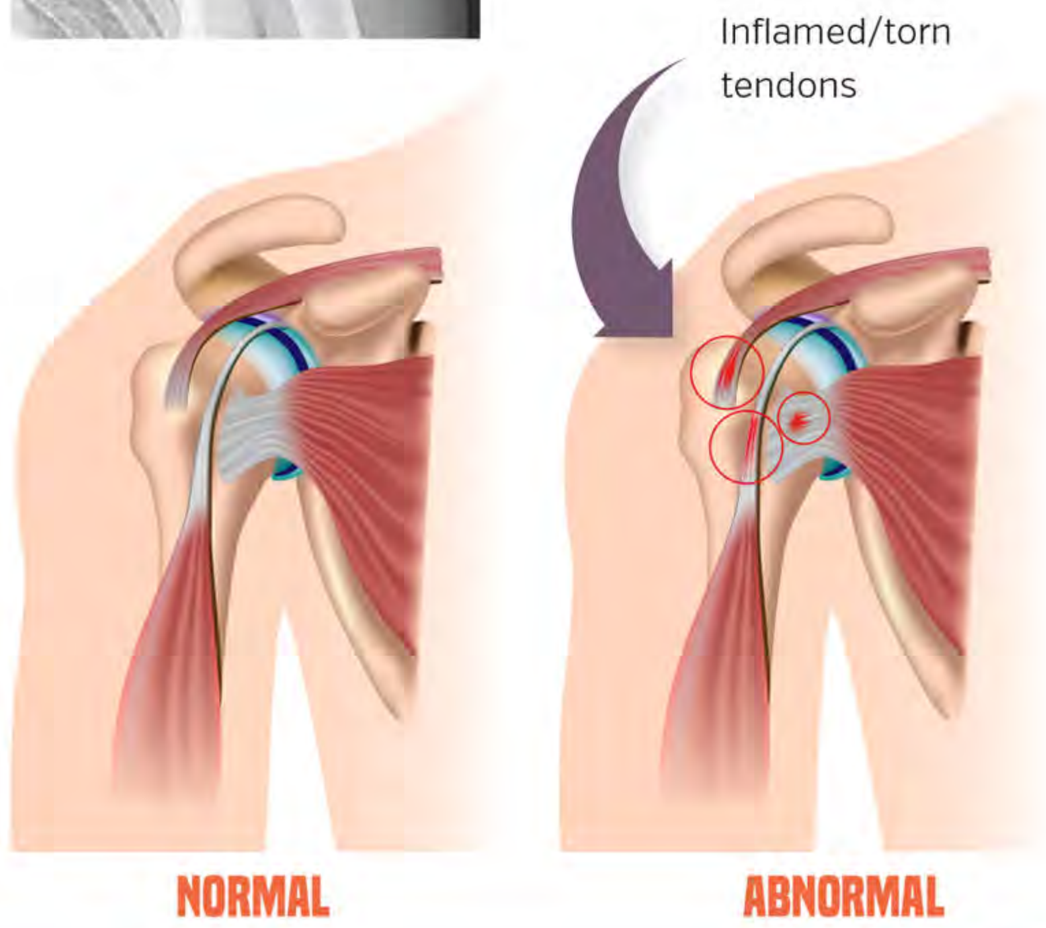
I am not a physician and I am not providing you with medical advice or recommendations. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician as needed. The information contained in this article is presented in summary form only and intended to be used for entertainment only. The information should not be considered complete and should not be used in place of a visit, call, consultation, or advice of your physician or other healthcare provider. I do not recommend the self-management of health problems.

ROTATOR CUFF INJURIES

WHAT IS IT AND HOW DID IT HAPPEN? The rotator cuff is made of four muscles and the tendons that connect these muscles to the humerus and scapula. Many people have pain (tendinopathy) and even inflamed tendons (tendonitis) in the shoulder due to overuse, exercise selection, or in our cases, overly enthusiastic shoulder locks. A tear is a more serious condition and involves damage to the tendon(s), usually from an acute injury.

HOW DO I MANAGE IT? Tendinopathy and tendonitis can generally be managed with physical therapy, mobility training, strengthening the weaker supporting muscles, and the one thing none of us want to do...take time off the mats. Tears are managed similarly but in severe cases can require surgery to repair the tendon.

HOW LONG AM I OUT? The magical question and probably the only one you really care about. Shoulder injuries are typically chronic. Tendons and ligaments do not get much blood and as such, heal very slowly. With proper treatment and common sense, minor issues may resolve in a month or so. Surgery on the other hand may keep you out for the better part of a year.



MAT BURNS AKA FRICTION BURNS

WHAT IS IT AND HOW DID IT HAPPEN? A mat burn is a wound that is caused by rubbing your skin against another, usually rough, surface. Mat burns may be a combination of a scrape and a heat burn. Burns on the top of the feet (from shots) and face (from being cross-faced) are particularly common in our sport. While common, these injuries are seldom treated by a healthcare professional.

HOW DO I MANAGE IT? Small superficial skin burns can usually be treated at home. First and foremost, wash the area promptly and keep it clean. Washing with soap and water is suffici t. There is no need to apply disinfectant or alcohol. Apply aloe vera or an antibiotic cream (not ointment) and cover with a bandage. On a related note, if you haven't had a tetanus shot in the last five years and are getting mat burns regularly, talk to your doctor about a booster.

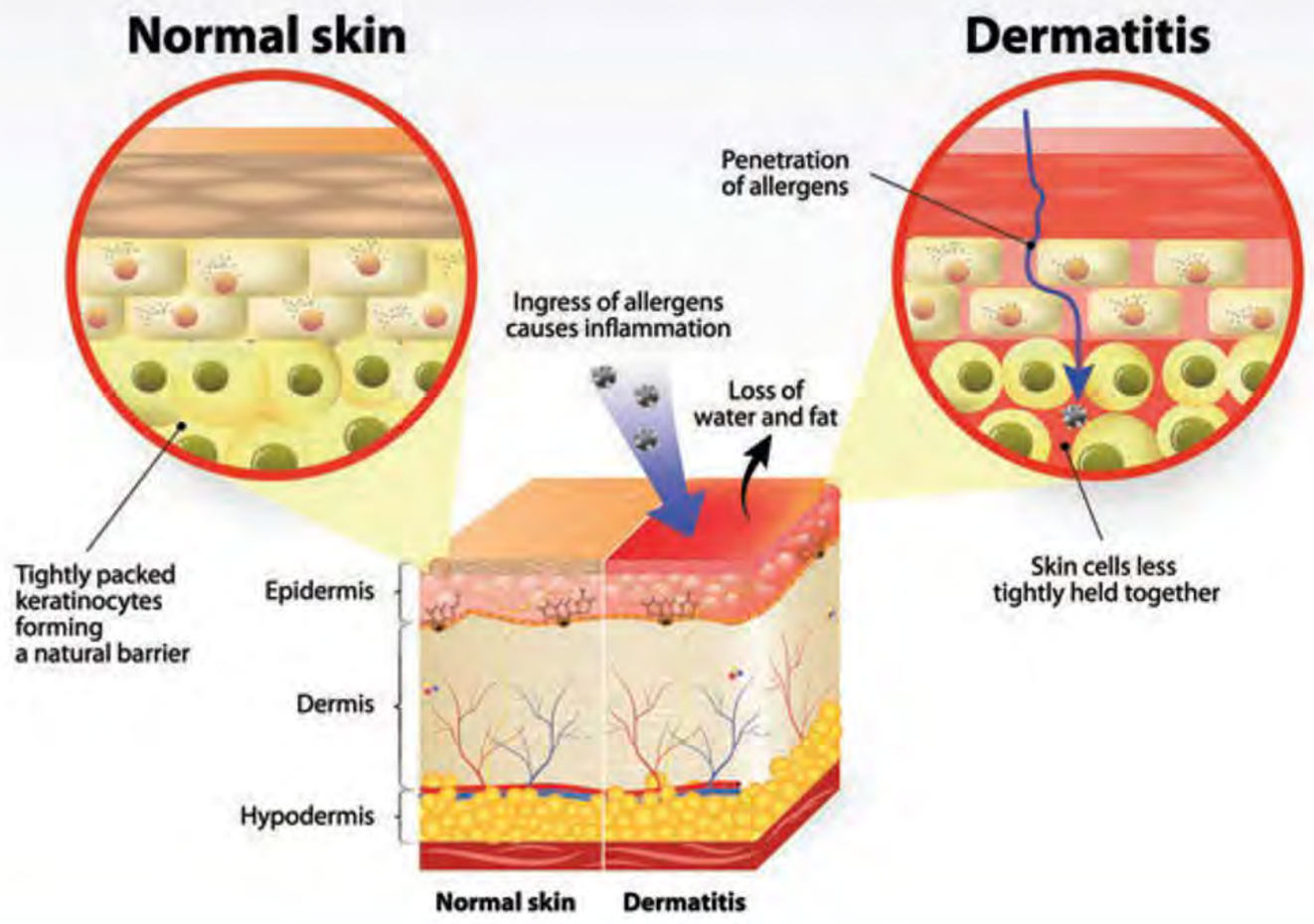
HOW LONG AM I OUT? With proper care, mat burns should heal within about a week. If the wound isn't getting better, becomes more painful, or looks infected (redness spreading form it), see a healthcare provider as soon as possible. While it probably won't keep you off the mat, there is the possibility of worsening the wound with every roll.

ECZEMA AKA ATOPIC DERMATITIS

WHAT IS IT AND HOW DID IT HAPPEN? Eczema is a skin problem that causes dry, itchy, scaly, and/or red skin. This condition can affect anyone of any age. Dry skin can become infected from excessive scratching, lead to plugged follicles, and cause embarrassment. Luckily, mild forms can be easily treated or prevented. No one is clear exactly what causes eczema but genetic predisposition seems to a factor. Food allergens are rarely a factor. Long, hot showers/bathes can also contributive as they dry the skin.

HOW DO I MANAGE IT? Eczema is a chronic condition and not curable; however, it can be managed. I'm not going to tell you to take fewer showers but making them cooler and just long enough to get the job done can help tremendously. Over the counter creams (the thicker the better) or ointments are effective. For best results, use these products immediately after bathing. If this isn't effective, and/or you develop sores or infections, contact your physician as soon as possible.

HOW LONG AM I OUT? Mild and moderate forms of eczema aren't likely to cause you to cut down on your mat time. With a few adjustments, you should be just fine. If the dryness becomes serious enough for cracking and/or wounds, it is definitely time to take a break, see your doc, and let your body heal. Healing time will vary based on the severity of the condition.



COLD SORES (Herpes Simplex Virus Type 1 AKA HSV-1)

WHAT IS IT AND HOW DID IT HAPPEN? Cold sores, sometimes called fever blisters, are small fluid filled blisters found around the mouth. They are caused by a viral infection and are closely related to HSV-2, AKA genital herpes. HSV-1 is very contagious and yes, it can be spread to other areas. Studies have suggested that over 60% of adolescents are infected and that by the age of 60, that number is closer to 85%. It is possible to be infected with no symptoms or prior outbreaks.

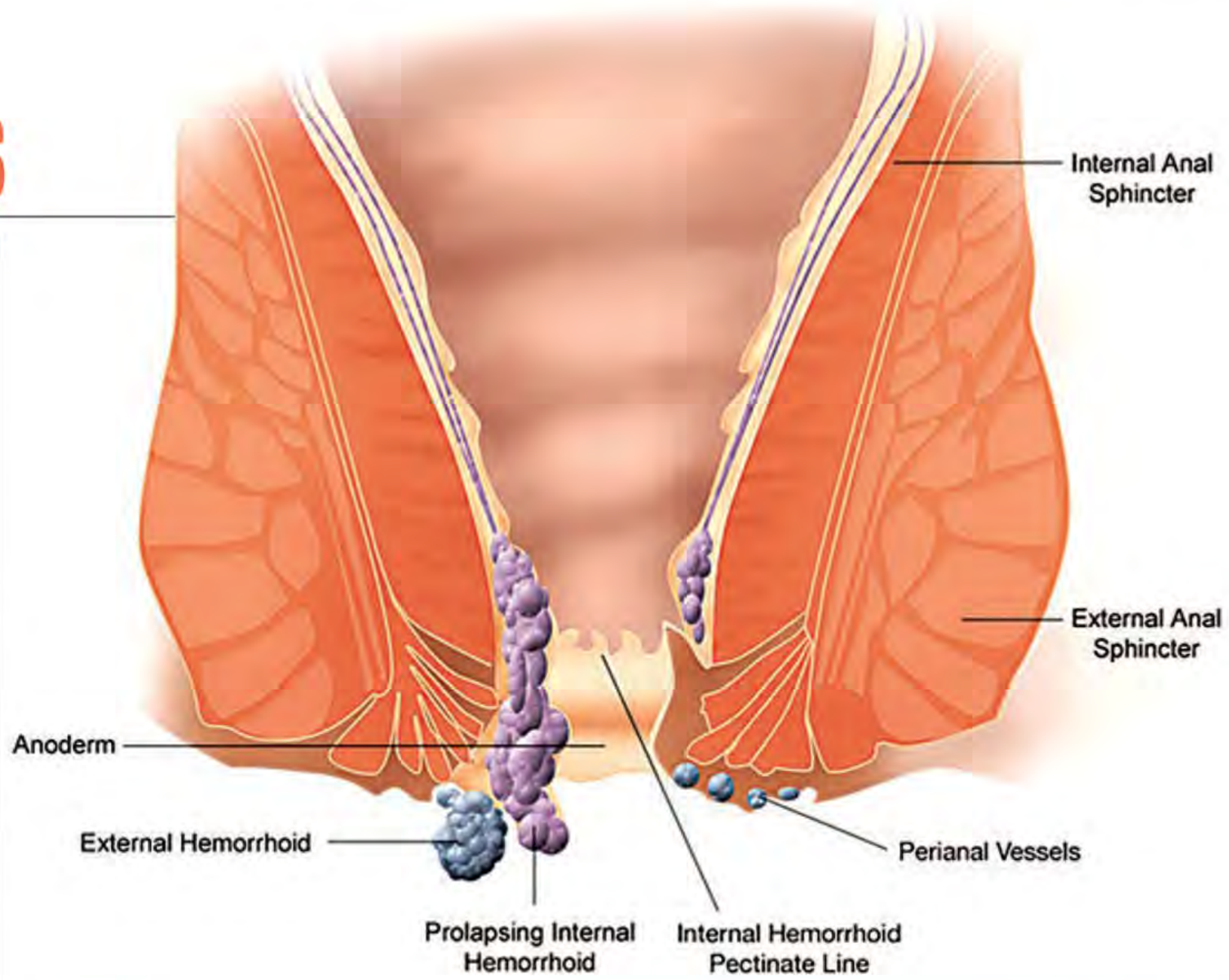
HOW DO I MANAGE IT? The initial cold sore outbreak is typically the worst, and as you have more outbreaks, they lessen in severity. There is no cure for HSV-1, and treatment options are intended to relieve symptoms, decrease the number of outbreaks, and/or shorten healing time. There are several prescription antivirals that your physician may prescribe in severe cases.

Over the counter options are somewhat limited. Abreva is a topical cream that has been shown to decrease healing time. There is data suggesting that lysine tablets may decrease outbreaks and zinc cream can speed healing. Using chapstick and balms may also aid in healing, but remember anything applied directly to the sores should be considered infectious.

HOW LONG AM I OUT? Cold sores are contagious even if they're not visible. Outbreaks typically heal within 10 days. You should consider yourself highly contagious until ALL of the sores have been crusted over completely for a few days.

❖ A recent study showed that tea tree oil and eucalyptus oil, like those found in Defense Soap Essential Oils, showed promise as an antiviral agent in treating recurrent herpes infection.

HEMORRHOIDS



WHAT IS IT & HOW DID IT HAPPEN?

Hemorrhoids are swollen and distended vein clusters in the rectum and anus. Similar to varicose veins but in a more intimate location. They may be internal or external. Internal hemorrhoids are typically painless, even when/if they cause bleeding and found in the rectum. External hemorrhoids can cause significant discomfort and form closer to the anus. External hemorrhoids are the painful lump that many associate with the condition.

The exact cause of this condition is not well understood and likely to be a combination of several factors. Connective tissues that keep the veins in place deteriorate with age and/or aggravating conditions cause the veins to move. Hemorrhoids have been associated with: age, diarrhea, pregnancy, prolonged sitting, straining, and chronic constipation. It is not known if the association is contributory at this type. A common belief is that exercise causes hemorrhoids. Is this true? The answer is "yes" and "no". It is unlikely that exercising causes this condition; however, some of the activities associated with exercise may make you more likely to suffer from hemorrhoids. In particular, the tendency of athletes to hold their breath when exerting. This practice can cause the same increase in internal pressure like straining to defecate. This pressure when combined with weakened connective tissue anchors makes you more likely to "push" the vein clusters out of place. Try as we might, we're all going to be exerting ourselves as some point while rolling and/or during conditioning. The key is not to hold your breath while doing it.

HOW DO I MANAGE IT? For severe cases, surgery is an option. In this article, we'll focus on treatments that you can do at home. Over the counter treatments are aimed at improving bowel health and relieving any discomfort. Ensuring

adequate fiber from foods, supplements, and water intake reduces irritation, bleeding, and inflammation. Low intensity exercise can stimulate bowel function. A simple behavior adjustment can also help you tremendously. If you need to go, then you need to go. Holding it until a more convenient time increases pressure and makes it more painful when you are able to go to the restroom.

A sitz bath, a warm water bath for the hips and butt, can provide comfort particularly if you're able to do it after bowel movements. Over the counter creams and suppositories containing topical anesthetics and/or hydrocortisone can help with discomfort but should not be used for more than a week. My last recommendation is to get wipes. Regular toilet paper can [and probably will] make hemorrhoids worse. Medicated wipes containing witch hazel or pre-moistened towelettes are appropriate and should be used after bowel movements to minimize irritation. Don't worry, you can pretend they're for a baby when you buy them at the store- just make sure you can flush them.

A quick note from your friendly pharmacist, do **NOT** use aspirin for painful hemorrhoids. Aspirin can increase your bleeding risk and it's very likely that you're already bleeding. Even if you aren't bleeding now, hemorrhoids can start bleeding at any time. Tylenol is just fine.

HOW LONG AM I OUT? There are no hard and fast rules for how to adjust your training if you're suffering from this condition. High level strength athletes train and compete regularly while dealing with hemorrhoids.

Here are few suggestions. Wear clothing that does not irritate the area. If you're holding your breath during exertion to increase abdominal pressure (AKA Valsalva maneuver), learn to do it correctly. You should be pushing against the abdominal wall, not the rectum. There is a difference, and it's something that you can control. If you are bleeding, take a break and talk to your doc. If the pain does not improve after a few weeks, take a few weeks off. If you can't train without pain, you guessed it, take a few weeks off.

MOVEMENT TRAINING FOR JIU-JITSU

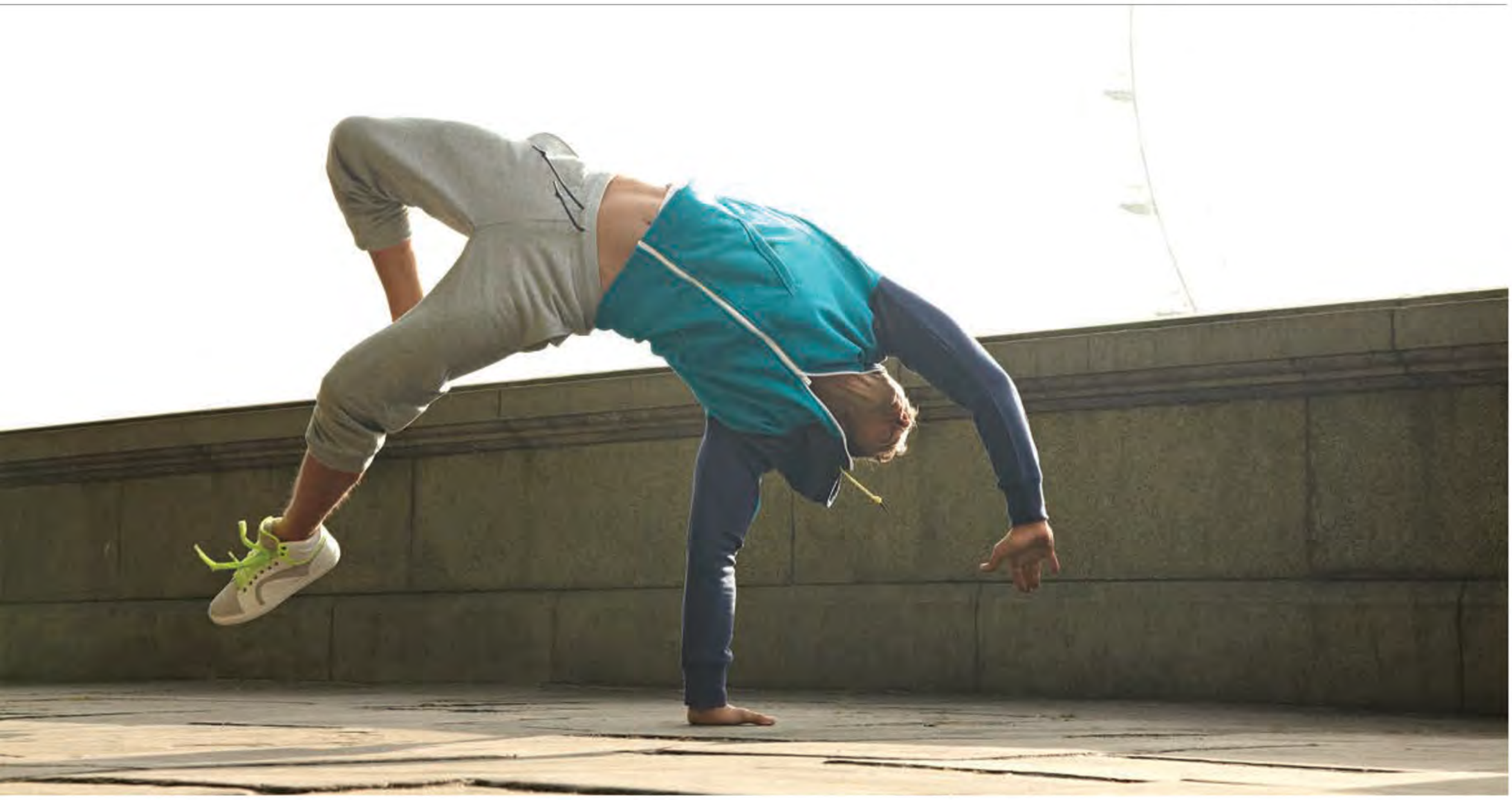
WORDS: **WILL SAFFORD**

MOVEMENT TRAINING HAS BEEN A HOT TOPIC LATELY DUE TO ITS RISE AMONGST WELL KNOWN JIU-JITSU AND MMA FIGHTERS. STARS LIKE CONOR MCGREGOR, CARLOS CONDIT, XANDE RIBEIRO, DEMIAN MAIA, AND GEORGES SAINT-PIERRE HAVE ALL BEEN KNOWN TO USE AND CREDIT PART OF THEIR SUCCESS TO MOVEMENT TRAINING. This type of training uses only bodyweight and explores different types of human movement to yield a variety of benefits. From gaining mobility, flexibility, and fluidity, to developing body awareness, control, and stamina, movement training is a natural choice for jiu-jitsu athletes and fighters.

Jiu-jitsu, unlike many traditional sports, requires athletes to manipulate their bodies in unusual ways to achieve a desired outcome. Athletes are often forced into uncomfortable positions that are unnatural and irregular. Movement training helps prepare athletes for these positions and builds resiliency, reduces the chance of injury, and enhances coordination and balance. Let's take a look at some movement systems that are available to help you get your move on.

GINASTICA NATURAL

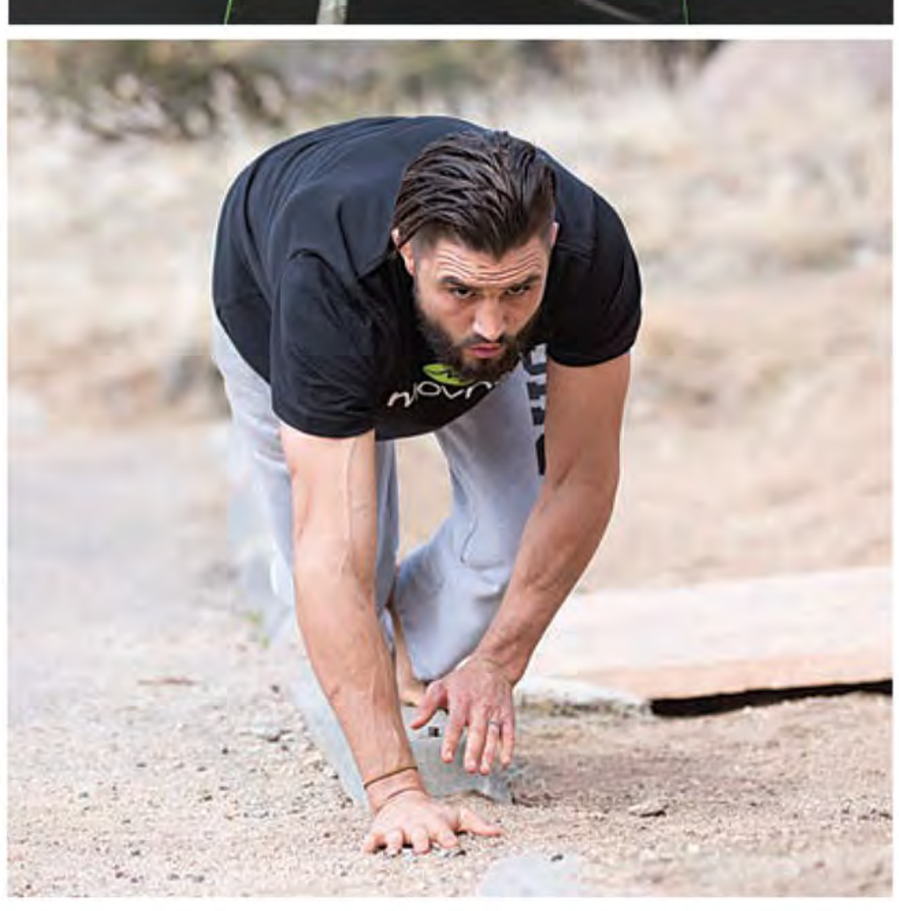
This may be one of the most well known movement systems in jiu-jitsu circles as it was created by Rolls Gracie Black Belt Alvaro Romano nearly 30 years ago. Romano has trained a list of famous jiu-jitsu fighters in the method including Roger Gracie, the Ribeiro brothers, Gilbert Durinho, Vitor Belfort, and Anderson Silva to name a few. According to the GN website, the method combines the "ground movements of jiu-jitsu with the techniques of stretching, flexibility and breathing of Hatha yoga, natural movements, and the strength created through using bodyweight." Users can expect to "improve their body, mind, strength, endurance, core stability, power, flexibility, balance, and agility, amongst corporal conscience, physical recovery, and well-being." GN can be used as a stand alone training system or as a supplement to your jiu-jitsu and strength and conditioning. Try it at **www.ginasticanatural.com.**



MOVNAT

Becoming increasingly popular, Movnat is a health and fitness discipline that practices natural human movement skills. The way humans move from one place to another can be broken down into fundamental patterns like walking, running, balancing, crawling, climbing, etc. The Movnat system works to reset then develop these skills, which are instinctive and naturally within all of us. It then aims to apply these skills in a practical way that can be used throughout life, as well as a means to maintain health and fitness.

Additionally, Movnat looks to promote quality of life, enhance the mind-body connection, and connect people with nature as much of its training is done outdoors. Carlos Condit, a dangerous UFC contender and jiu-jitsu brown belt, practices Movnat regularly and describes it as a fun way to get out of the gym and reconnect with natural movement that's lost from sitting in chairs and staying indoors. He also credits Movnat with helping him move more efficiently in the cage to ultimately win fights. Start moving better at **www.movnat.com.**



IDO PORTAL METHOD

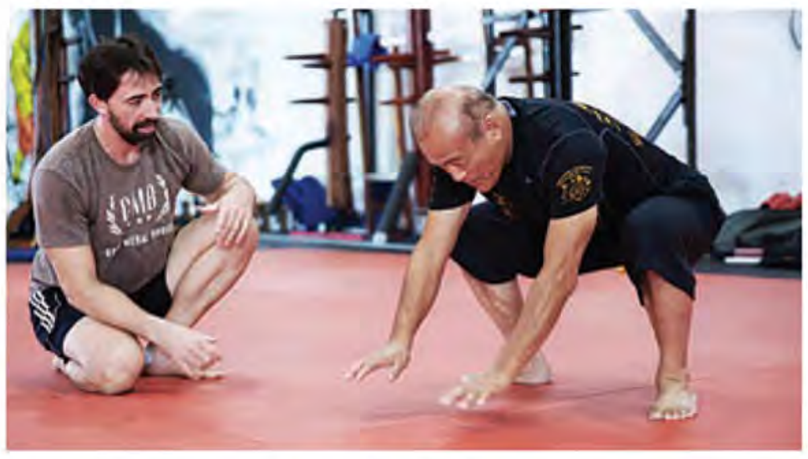
Ido Portal is a movement teacher with an extensive background in the Brazilian martial art of Capoeira. He has studied and explored many "movement" practices from dance, martial arts, fitness, and the performing arts, and has developed a large following of people interested in movement culture. His main belief is that movement should not be specialized, as this is limiting, but should be general and explore many disciplines including, but not limited to, fitness, dance, martial arts, strength, flexibility, and circus arts. If you check out his videos online, you will see movements that look like yoga, others like Tai Chi, running that resembles Parkour, and gymnastics movements on rings. His practice is diverse, and he puts an emphasis on continual learning. Just recently, Portal started working with UFC Champion, Conor McGregor, in his preparation for the Jose Aldo fight. McGregor then shocked the world with a 13-second knockout of the long-time champ. Portal gives workshops throughout the world and has some free videos online to improve your movement. Check them out at **www.idoportal.com.**

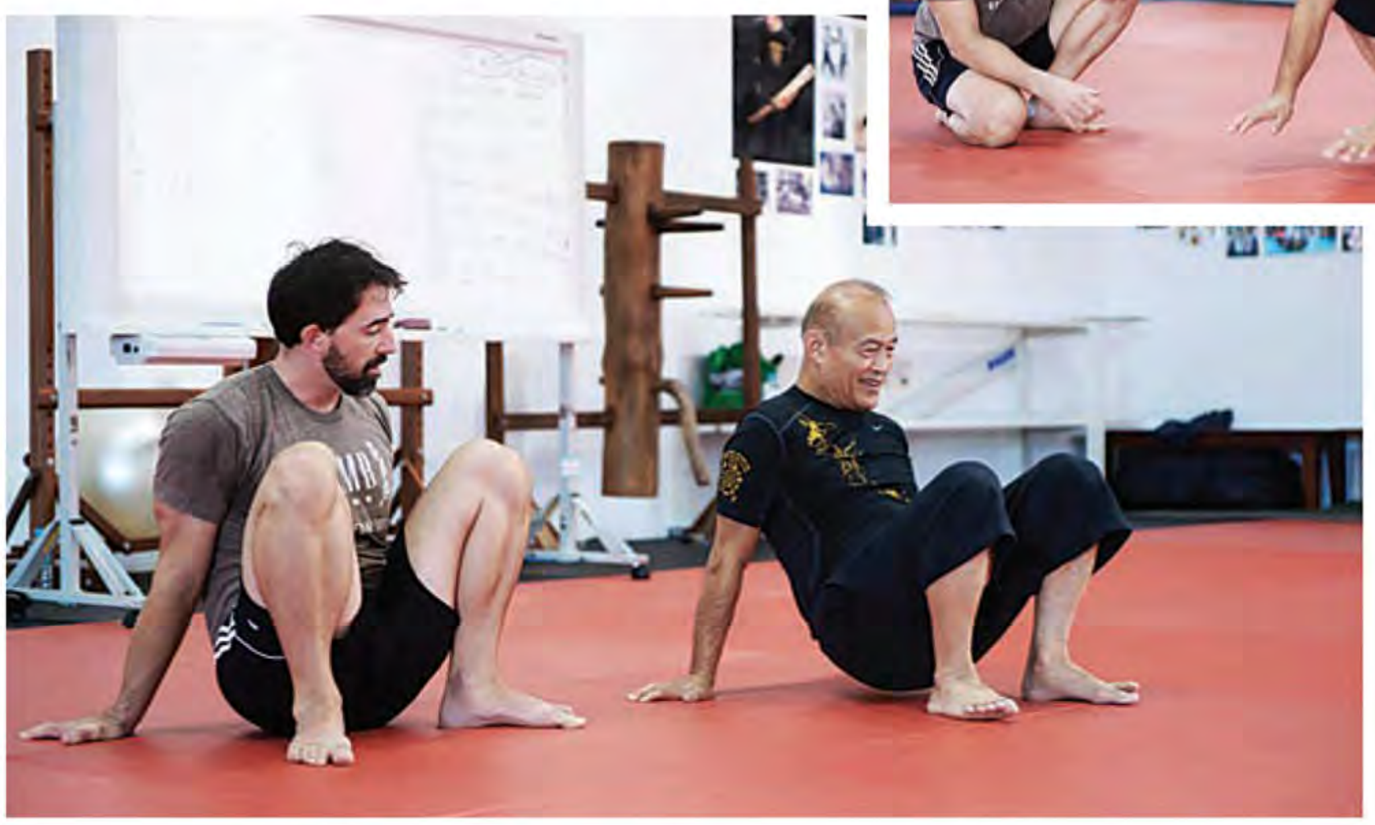
ANIMAL FLOW

The next movement system, Animal Flow, takes its name from the ground based movements it uses which mimic those of animals. Once you step into Animal Flow, you will practice moves like the Crab Reach, the Traveling Ape, and the Static Beast Hold, which explore multiple planes of movement and develop a variety of qualities. The system is made up of six components: wrist mobilizations, activations, form specific stretches, traveling forms, switches, and flows - each of which will develop a specific result. The movements of Animal Flow resemble a variety of other disciplines like breakdancing, Parkour, gymnastics, yoga, and martial arts. Users can expect increased mobility, flexibility, stability, power, endurance, as well as skill and neuromuscular communication. Digital downloads, instructional DVDs, classes at select gyms, and personal training from certified instructors are all available to help you learn and practice Animal Flow. Tap into your inner beast at **www.animalflow.com.**

GMB FITNESS

Described as a “complete ‘movement re-education’ program”, GMB Fitness, aims to improve personal performance in all activities. This bodyweight-only fitness program is built on five values: Knowledge of Your Own Body, Progressive Skill Development, Focused Training Cycles, Goal-Appropriate Attribute Development, and Social Responsibility. This may be the most in-depth and structured program of all the movement systems featured as users have a defined outline of tutorials and programs that are based on specific goals. All users start with the level one, seven-week, Elements Program, which introduces the basic movements of “Bear, Monkey, and Frogger” to build initial strength, flexibility, and control. Once completed, users can then choose to develop their attributes in either flexibility, motor control, or strength in level two. Finally, level three develops specific gymnastics skills, as users choose either the Parallettes, Floor Skills, or Rings curriculum to wrap up their training program. Expect to enhance body-awareness and control, strength, flexibility, and have fun developing health and fitness with a system that is outside of your standard one-size-fits-all program. Get the details at **www.gmb.io**



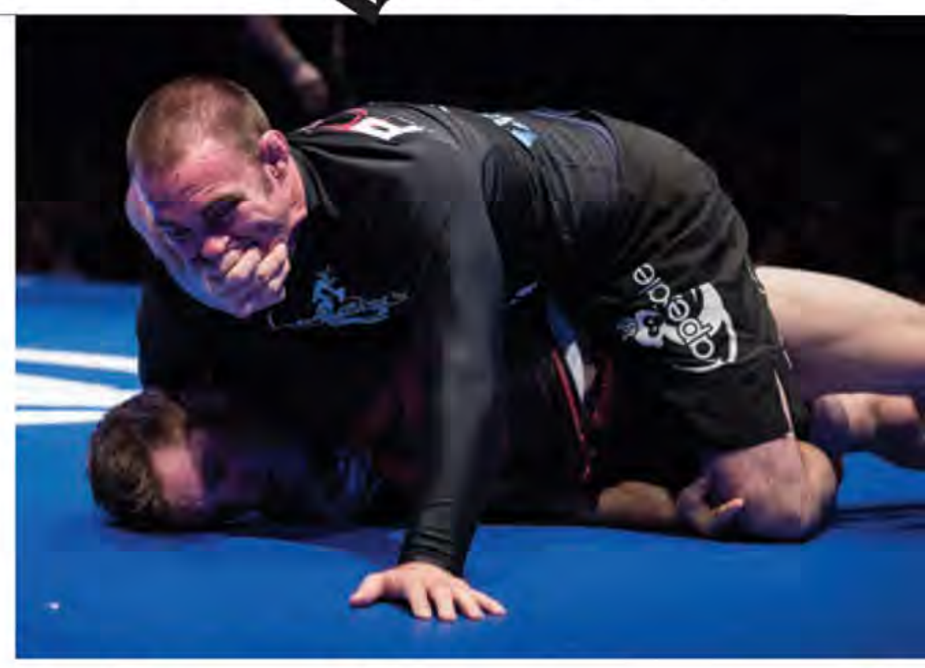


HOW TO INCORPORATE

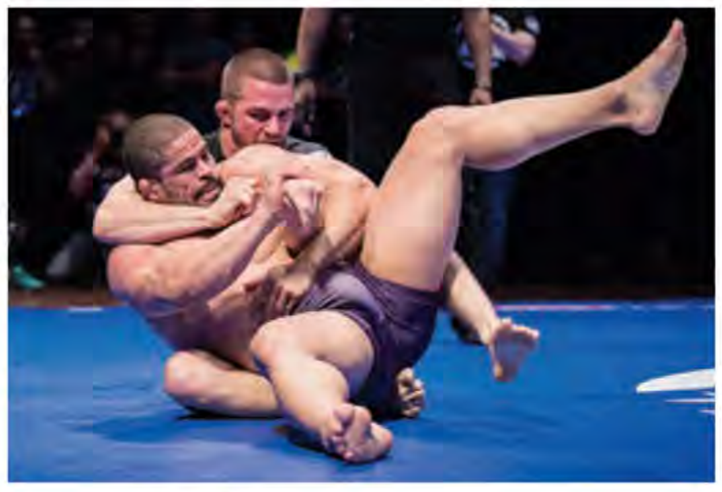
Now that you’ve got a list of systems to choose from, conveniently, many of them can be self-taught from online downloads and tutorials. To get the best training possible, seek the services of a certified trainer or visit a workshop of one of the methods. Many of these systems can be used as a stand-alone fitness routine; however, for the purposes of a jiu-jitsu athlete, they are best used as a supplement to your jiu-jitsu strength, and conditioning training. Depending on the method, the workouts can be intense and will need to be done as their own session. Many, however, can be used as a warm-up, finisher, or active recovery on non training days. You can also add in some of the movements as part of a circuit or as its own exercise in your routine. Remember, the goal is to improve your movement, which will naturally improve a list of other qualities like balance, coordination, and mobility. Experiment with one or all of these systems, but just get movin’!

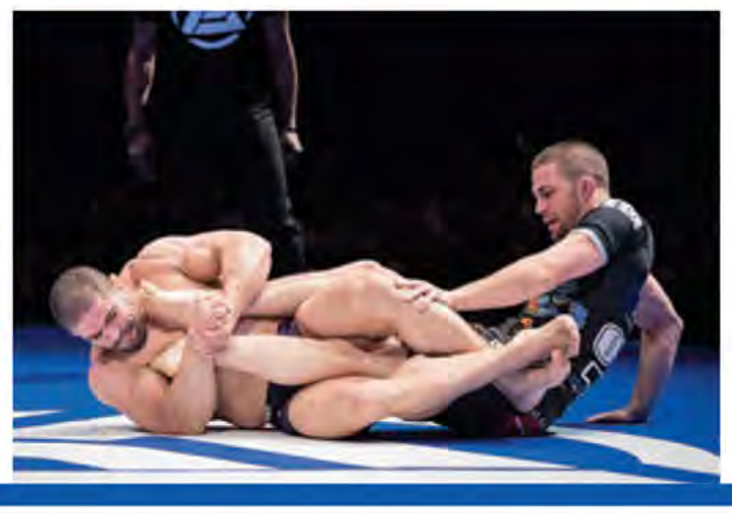
Powered by: Gameness

POLARIS 3



WORDS & PHOTOS: **JJM STAFF**





POLARIS 3 TOOK PLACE RECENTLY IN THE UK. THERE WAS MUCH FAN EXCITEMENT FOR THIS EVENT DUE TO THE INTERESTING MATCH UPS, INCLUDING THE MAIN EVENT BETWEEN GARRY TONON AND ROUSIMAR PALHARES. Polaris uses a 15-minute submission only structure. Although all the main card matches ended in a draw, there was still plenty of action to keep audiences both entertained and wanting a Polaris 4.

Every match that took place during Polaris 3 was exciting despite the fact that the main card matches ended in draws. Many competitors put themselves in risky spots to attempt to finish the fight. Although all the fights were entertaining to watch, the co-main event and the main event put an exclamation point on the entire event.

Polaris 3's co-main event was between Gracie Barra's A.J. Agazarm and former UFC fighter Jake Shields. Both of these athletes have wrestling backgrounds that they've successfully incorporated into their jiu-jitsu. Leading up to the fight, there was a fair amount of back and forth trash talk that increased hype for the match. As the match began, it was evident that the banter between Agazarm and Shields was a real rivalry. Although Agazarm was aggressive, he was put on the defensive for the majority of the match. There was some rough play from both sides, and a few Stockton Slaps were thrown by Shields. The match was declared a draw, and words were exchanged at the end of the fight that can't be reiterated here. With the match nearly ending in a fistfight, I wouldn't be surprised if the bout caught the attention of some MMA matchmakers.

There was a battle of foot lock submission specialists in the main event between Rousimar Palhares and Garry Tonon. Palhares is a wicked submission artist that many have come to fear. There was a clear size and strength advantage for Palhares who would toss Tonon in the air whenever the opportunity arose. Tonon, however, played a very technical jiu-jitsu game, always recovering from bad positions quickly. Tonon took the fight directly to Palhares and really put on display his masterful understanding of leg attacks. There were times in the match Palhares was clearly in trouble. The match ended in a draw but was still a fantastic display of leg attacks and defenses.

Check out Polaris 3 for a replay of the full event. Polaris put on a great show with some very memorable match ups that the jiu-jitsu world will be talking about for some time.

POLARIS-PRO.ORG

OTHER MAIN-CARD MATCH UPS INCLUDED:

Joao Miyao vs. Yukinori Sasa
Geo Martinez vs. Luiz Tosta
Darragh O Conaill vs. Jon Satava
Gezary Matuda vs. Laurence Fouillat
Bruno Frazatto vs. Gianni Grippo
Augusto Mendes vs. Eddie Cummings

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